

WINTER 2019-2020 ATHLETIC AND PROGRAM GUIDE



More than 100 programs offered this winter for youth ages 0-14 years in athletics, enrichment, and more.

REGISTRATION OPENS
October 8 for members
October 10 for non-members

PROGRAMS START
Week of November 25



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

MONDAY

WINTER 2019/2020 ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY	ART ROOM	CLASSROOM	74 JOY	STERITI RINK	HUNTINGTON AVE YMCA
<p>Total Body Strength 50yrs+ 8:15-9:15</p> <p>Vamos a Saltar! 1-4yrs 9:45-10:30 10:30-11:15</p> <p>Open Playgroup 6mos-4yrs 11:30-1:00 <i>Drop-in program</i></p>	<p>Sensory Play 1-2yrs 9:30-10:15</p> <p>Play, Paint & Investigate I 12-24mos 10:30-11:15</p> <p>Play, Paint & Investigate II 19mos 3yrs 11:30-12:15</p>	<p>Music Together 0-5yrs 9:30-10:15 10:30-11:15</p>			
<p>Half Kick Soccer 3-5yrs 1:30-2:15 2:15-3:00</p>	<p>Open Art 1-4yrs 1:00-3:00 <i>Drop-in program for members</i></p> <p>Science Experiment Explorers 3-5yrs 3:15-4:00 4:15-5:00</p>	<p>Intro to Chess 5-7yrs 4:00-4:45</p>	<p>Bitty Basketball 3-4.5yrs 3:30-4:15 4:15-5:00</p>		
<p>Beginner Karate 5-6yrs 3:30-4:15</p> <p>Intermediate Karate 5-7yrs 4:30-5:15</p> <p>Beginner Fencing 5-12yrs 5:30-6:15</p> <p>Intermediate Fencing 7-12 yrs 6:30-7:15</p>		<p>Chess Club 7-12yrs 4:45-5:45</p>	<p>U6 Basketball 4.5-5yrs 5:00-6:00</p> <p>Indoor Batting Practice 7-12yrs 6:05-6:50</p>	<p>Start to Skate 4-10yrs 5:00-6:00</p> <p>Figure Skating Skills 6-12yrs 5:00-6:00</p> <p>Hockey Skating Skills 6-12yrs 5:00-6:00</p>	<p>U8 Basketball League 6&7yrs 4:45-6:00</p>
<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>PRIVATE MUSIC LESSONS (6-12 years)</p> <p>Choose between 30 or 45 minute lessons with one of our experienced instructors.</p> <p>Call Chelsea at (617) 227 5838.</p> </div>					



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TUESDAY

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MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	KITCHEN	74 JOY	HUNTINGTON YMCA
Jumping Jacks Gym 1-3yrs 9:15-10:00 10:15-11:00 11:15-12:00	Play, Paint & Investigate I 12-24mos 9:15-10:00 Play, Paint & Investigate II 19mos-3yrs 10:15-11:00 NEW Storybook STEM I 1-3yrs 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			
Half Kick Soccer 3-5yrs 2:15-3:00 Kiddie Karate 3-4yrs 3:30-4:15 Intermediate Karate 7-12yrs 4:30-5:15	Storybook STEM II 3-5yrs 3:30-4:15 Art in Nature 5-8yrs 4:30-5:15	Open Playgroup 6mos-4yrs 1:15-3:15 <i>Drop-in program.</i>	NEW Little Chefs 3-5yrs 3:15-4:00 4:15-5:00	U6 Basketball 4.5-5yrs 3:30-4:15 U6 Basketball 4.5-5yrs 4:15-5:15	
Drone Commander 9-14yrs 5:30-6:30				U6 Basketball 4.5-5yrs 5:15-6:15	Girls Basketball 6-12yrs 4:45-6:00



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WEDNESDAY

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ATHLETIC AND PROGRAM GUIDE

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<p>Total Body Strength 50yrs+ 8:15-9:15</p> <p>Jumping Jacks Gym 1-3yrs 9:45-10:30 10:30-11:15 11:30-12:15</p>	<p>Play, Paint & Investigate I 12-24mos 9:30-10:15</p> <p>Play, Paint & Investigate II 19mos-3yrs 10:30-11:15</p> <p>Little Builders 2-4yrs 11:30-12:15</p>	<p>Spanish in Motion 6mos-4 yrs 10:15-11:00</p> <p>New Parents Playgroup 4-10mos 11:30-12:30 <i>Drop-in Program</i></p>			
<p>Born to Play Baseball 3-5yrs 1:30-2:15</p> <p>Half Kick Soccer 3-5yrs 2:15-3:00</p>	<p>Preschool Picasso 3-5yrs 1:30-2:15</p> <p>Clay Creations 3-5yrs 2:30-3:15</p> <p>Art of Cooking 3-5yrs 3:30-4:15 4:30-5:15</p>	<p>Open Playgroup 6mos-4yrs 1:00-3:00 <i>Drop-in program</i></p>	<p>Bitty Basketball 3-4.5yrs 3:30-4:15</p>		<p>Great Hill House Bake Off 7-12yrs 4:00-5:00 5:00-6:00</p>
<p>Musical Theater 7-10yrs 4:45-6:15</p>	<p>NEW Knitting Club 7-12yrs 6:00-7:00</p>		<p>Storybook Ballet 4-6yrs 4:30-5:15</p> <p>Tap & Hip Hop 5-8yrs 5:15-6:15</p>	<p>U13 Basketball League 10-12yrs 5:00-7:00</p>	

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THURSDAY

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MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	KITCHEN	74 JOY STREET	HUNTINGTON YMCA
<p>Jumping Jacks Gym 1-3yrs 9:15-10:00 10:15-11:00 11:15-12:00</p>	<p>Art in Nature 1-3yrs 9:15-10:00</p> <p>Sensory Play 1-2yrs 10:15-11:00</p> <p>Storytelling with Loose Parts 2-4yrs 11:15-12:00</p>	<p>Mindful Movers Walkers 12mos-18mos 9:15-10:00</p> <p>Infants 6wks-5mos 10:15-11:00</p> <p>Crawlers 6mos-12mos 11:15-12:00</p> <p>Members-Only Playgroup 6 mos-4yrs 12:30 to 2:30 <i>Drop-in program</i></p>			
<p>Get into Gymnastics 3-5yrs 2:00-2:45 3:00-3:45</p> <p>Half Kick Soccer 3-5yrs 4:00-4:45</p>	<p>Art of Cooking 3-5yrs 1:00-1:45</p> <p>Sculpture 3-5yrs 3:00-3:45</p> <p>NEW Fashion Design 7-12yrs 4:00-4:45</p>	<p>Video Game Design 7-10yrs 4:15-5:15</p>		<p>Toddler Storybook Ballet 3-4yrs 3:30-4:15</p> <p>Storybook Ballet 4-6yrs 4:30-5:15</p>	
		<p>Robotics Club 9-12yrs 5:30-6:30</p> <p>Invest in Girls (12-15yrs) Financial Literacy Workshops 6:30-7:30 - Dates TBA</p>	<p>Cocinar con Amigos 4-6yrs 4:00-4:45</p> <p>Cocinar con Amigos 4-6yrs 5:00-5:45</p>	<p>Ballet 7-9yrs 5:15-6:00</p>	<p>U10 Basketball League 8-9yrs 5:00-7:00</p>
				<p>PRIVATE MUSIC LESSONS (6-12 years)</p> <p>Choose between 30 or 45 minute lessons with one of our experienced instructors.</p> <p>Call Chelsea at (617) 227 5838.</p>	




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FRIDAY

WINTER 2019/2020 ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	74 JOY	BOSTON ATHLETIC CLUB	KITCHEN
<p>Tumble Time 2-4yrs 9:30-10:15 10:30-11:15</p>	<p>Mundo de Colores 12mos-3yrs 9:15-10:00</p> <p>Art in Nature 1-3yrs 10:15-11:00</p> <p>NEW Ocean Explorers 19mos-3yrs 11:15-12:00</p>	<p>Little Groove Music 3mos-4yrs 9:15-10:00 10:15-11:00 11:15-12:00</p>			
<p>Half Kick 3-5yrs 12:30-1:15</p> <p>Born to Play Baseball 3-5yrs 1:30-2:15</p> <p>Get into Gymnastics 3-5yrs 3:15-4:00</p> <p>Gymnastics 6-7yrs 4:15-5:00</p>	<p>Open Art 1-4yrs 1:00-3:00</p> <p><i>Drop-in program for members ONLY.</i></p>		<p>Bitty Basketball 3-4.5yrs 3:30-4:15</p> <p>AA Baseball Clinic 5-8yrs 4:15-5:00</p>	<p>Tennis Club 4-12yrs 4:00-5:00</p>	<p>Cooking Together 4-6yrs 1:00-2:00</p>
<p>Friday Night Out 3-10yrs 6:15-9:15 December 13 January 24 March 6 <i>at the Firehouse</i></p> <p>Teen Event 11-14yrs 7:00-9:00 February 7 <i>at the Firehouse</i></p>			<p>U6 Basketball 4.5-5yrs 5:00-6:00</p> <p>Winter Baseball Clinic 7-12yrs 6:05-6:50</p>		

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WEEKEND

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SATURDAY SUNDAY

74 JOY

Half Kick Soccer 3-4.5yrs
9:30-10:15

U6 Soccer 4.5-6yrs
10:00-10:45

**Pick-Up Basketball Games
7-10yrs**
11:00-12:00

Futsal League Games
*For location and times,
call Marshall at 617-227-5838*

HUNTINGTON YMCA

Futsal Clinic 6-12yrs
5:00-6:00

FIREHOUSE

*The Sunday Series:
One-off special events at
Hill House this winter.*

**Holiday Gift Making
Workshop 2-8yrs**
1:00-2:30
Dec 8

**Winter Wonderland
- Kids Social 2-8yrs**
11:00-1:00
Jan 26

Fashionista Fun 6-12yrs
1:00 - 2:30
Feb 2

Dads & Donuts
9:30-11:30
Feb 2

**NEW Art and Hearts
Workshop**
1:00-2:30
Feb 9

**New and Expecting Parents
Workshops**
11:00-12:00
Jan 11, Feb 29, March 22



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

ART

Art in Nature (1-3years)

Thursdays | 9:15 Fridays | 10:15
Thursdays | 4:30 (5-8years)

Exploring the elements through nature. By making natural brushes, painting branches and wood sculptures. Seasonal projects using 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, sticks and lots more.

Clay Creations (3-5 year olds)

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!

NEW Fashion Design (7-12 years)

Thursdays | 4:00

Get ready to explore the world of fashion, from creating your own textiles to sewing up cool outfits, you will learn the ins and outs of what's in and what's out. This class will focus on the basics of hand sewing, color, fashion illustration, and textiles. Participants will create outfits for their favorite dolls or stuffed animals, learn to create fun and interesting patterns, and create a fashion portfolio of their dream outfits. Unleash your inner fashionista in this exciting new class.

NEW Knitting Club (7-12 years)

Wednesdays | 6:00

For new knitters or those looking for a group to knit with, this club is for you! This weekly class will focus on introductory and intermediate knitting techniques using a variety of knitting methods and tools. Join friends and create a bundle of colorful pieces while learning skills that last a lifetime!

Little Builders (2-4 years)

Wednesdays | 11:30

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.

Mundo de Colores (1-3 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.

NEW Ocean Explorers (1-3 years)

Fridays | 11:15

Dive into this new art class with us as we learn all about the ocean and the creatures that call it home. Students can make a splash in our water tank and will create a new art project related to the lesson each week, learning with a greater understanding of the seven seas.

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!

Play, Paint & Investigate I 12-24 months

Mondays | 10:30
Tuesdays | 9:15
Wednesdays | 9:30

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.

Play, Paint and Investigate II (19mo-3yrs)

Mondays | 11:30 Tuesdays | 10:15
Wednesdays | 10:30 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 mo+ and have already experienced PPI I or are 24 mo+.

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.

Sculpture (3-5 years)

Thursdays | 3:00

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 | 9:30
Thursdays | 10:15

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.



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Storytelling with Loose Parts (2-4yrs)

Tuesdays | 11:15

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.

Look out for our weekend special event Art Workshops

BASEBALL

AA Baseball Clinic (5-8 years)

Fridays | 4:15

Once your little athlete has mastered the basics, go deeper with this clinic run by your favorite coaches. Get your skills ready for the AA Baseball League in the spring and have the confidence to play to your potential.

Born to Play Baseball (3-5 years)

Wednesdays | 1:30

Fridays | 1:30

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

Indoor Batting Practice (7-12 years)

Mondays | 6:05

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

Winter Baseball Clinic (7-12 years)

Fridays | 6:05

Come enjoy a weekly session with pitching machines and various drills to get your young athlete ready for the spring season ahead. With different topics and skills each week, this is a great way to start the winter weekends!

BASKETBALL

Bitty Basketball (3-4.5 years)

Mondays | 3:30 and 4:15

Wednesdays | 3:30

Fridays | 3:30

Learn the fundamentals of basketball with our patient, creative instructors. Participants will learn skills and techniques through simple, fun games and activities. Kids will learn proper dribbling and shooting methods. Not only do they have more fun than those who don't play, but Bitty Basketballers are also better prepared for our 6U Basketball League when they're the right age.

Girls Intro to Basketball (6-12 years)

Tuesdays | 4:45-6:00

The Girls Intro to Basketball League gives girls the opportunity to play basketball in a supportive environment that emphasizes fun while focusing on the basic fundamentals. The season begins with three skills clinic before the holiday break. In the new year, players will be assigned teams and sessions will be broken into half an hour of practices or age group clinics and finish with non-competitive games. Each child will receive a team jersey.

Pick-Up Basketball Games (7-10 years)

Saturdays | 11:00

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

U6 Basketball (4.5-5 years)

Mondays | 5:00

Tuesdays | 3:30, 4:15 and 5:15

Fridays | 5:00

The U6 instruction-based clinic introduces youngsters to the fundamentals of basketball in a fun, semi-competitive setting. The first three weeks will focus on skills, sportsmanship and the basics of the game then subsequent weeks include actual basketball games.

Our instructors will teach the basics of offensive and defensive play while continuing to focus on good dribbling, passing, shooting and rebounding techniques.

U8 Basketball League (6-7 years)

Mondays | 4:45-6:00

The Under-8 Junior Basketball League gives co-ed players the opportunity to play basketball in a supportive environment that emphasizes fun, sportsmanship and skill building. The season begins with three skills clinic before the holiday break. In the new year, children will be assigned teams and sessions will be broken into skills clinics while mixing in regular season games. The end of the year will hold a U8 playoff tournament and all-star games for all of our players.

U10 Basketball League (8-9 years)

Thursdays | 5:00-7:00

The Under-10 Senior Basketball League gives co-ed players the opportunity to play basketball in a supportive environment that emphasizes fun, sportsmanship while building on all the skills taught from the U-6 and U-8 levels. The season begins with three skills clinic before the holiday break. In the new year, children will be assigned teams and sessions will be broken into one hour clinics and regular season games. The season will end with a U10 playoff tournament and all-star games for all players.



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U13 Basketball League (10-12 years)

Wednesdays | 5:00-7:00

The Hill House Under-13 Pro Basketball League exists for our oldest co-ed basketball players. Each week focuses on layered development as we provide a challenging environment for players who aspire to reach their full potential. The season begins with three skills clinic before the holiday break. In the new year, children will be assigned teams and sessions will be broken into one hour or practice and one hour of games. The season will end with a U-13 playoff tournament and all-star games for all our players.

CHESS

Chess Club (7-12 years)

Mondays | 4:45-5:45

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. This class always fills so sign up quickly!

Intro to Chess (5-7 years)

Mondays | 4:00-4:45

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 and 4:30

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.

Cooking Together (4-6 years)

Fridays | 1:00

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 hands on 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.

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!

Little Chefs (3-5yrs)

Tuesdays | 4:15 and 5:15

Join us in the kitchen in this introductory class as we create delicious mini meals, desserts and healthy snacks. The goal of this class is to let kids get hands on time in the kitchen while becoming more aware of kitchen safety, food groups and what they can create!



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DANCE

Ballet (7-9 years)

Thursdays | 5:15

Ready to progress from our Storybook ballet classes? This class is perfect for those ages 7-9 who would like to add more technique to their beginner ballet skills. Learn in a fun and safe environment where the passion for the dance comes first!

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. Fun and stories will blend into learning ballet basics. Spark your little one's interest in dance at this young age!

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.

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!

FAMILY FUN

Dads & Donuts (0-6 years)

Sunday, February 2 | 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 at 10:00 am for a child-friendly building workshop in the art room!

Fridays Night Out (3-10 years)

Friday, December 13, January 24 and
March 6 | 6:15-9:15

Drop your kids off at their all-time favorite place while you enjoy an evening to yourselves! 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. The whole family gets a great Friday Night Out!

Teen Event (11-14 years)

February 7 | 7:00-9:00

Tweens and teens 11-14 years old are invited to join us back in the neighborhood from 7:00 to 9:00 pm. Join us this month as we continue the seasonal meet up between Hill House and Boston friends from different schools to have a great time, split between structured events and hang out time.

FENCING

Beginner Fencing (5-12 years)

Mondays | 5:30

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

Intermediate Fencing (7-12 years)

Mondays | 6:30

This program builds upon all beginner instruction, and are most valuable when taken after the completion of one year of Beginner Fencing. Safety and sportsmanship, as always, are emphasized throughout the program. Compound attacks and technical terms associated with more advanced fencing moves will be introduced as students develop technique and understanding of the sport. If time allows, members of the class will participate in bouts: practicing with electrical fencing equipment. This practice will allow fellow students to learn score-keeping and refereeing. If students consistently continue with this program, they will have the chance to compete in a fencing tournament that follows the US Fencing guidelines.



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FITNESS FOR ADULTS

Total Body Strength (50+ years)

Mondays and Wednesdays | 8:15

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



FOREIGN LANGUAGE

Cocinar con Amigos (4-6 years)

Thursdays | 4:00 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 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 (6mos-4 years)

Wednesdays | 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 | 9:45 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.

FINANCIAL LITERACY

Invest in Girls (12-15 years)

Thursdays | 6:30 - 7:30

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. Did you know? Studies show that girls receive far less education in these concepts than their male counterparts!

GYMNASTICS

Get into Gymnastics (3-5 years)

Thursdays | 2:00 and 3:00

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!

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.



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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 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 | 9:30 and 10:30

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 to inquire about availability

Our private music lessons provide your child with one-on-one music instruction. Gifted piano, guitar and percussion teachers work to cultivate skills and foster your child's love of music by incorporating requests and popular music along with the classics during lesson times.

NEW & EXPECTING PARENTS

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 through the entire class.

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.

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.

Workshops

Saturdays | 11:00- 12:00

Jan 11, Feb 29, Mar 22

Each month Hill House will put on a different New or Expecting Parent workshops 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



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PLAYGROUP

These playgroups are free to our members or community depending on the day and led by a facilitator. For a more enriching program, please look at the other classes run by child development professionals.

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

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!

SKATING (ICE SKATING)

Start to Skate (4-10 years)

Mondays | 5:00-6:00

Grab your ice skates and head to Steriti Rink to learn to skate. This introductory class will be taught by experienced professionals and will develop kids from standing to marching to skating. Skaters will be split up by age and ability to ensure that each child will be working at their own speed for maximum development. A must for all New England kids!

Figure Skating Skills (6-12years)

Mondays | 5:00-6:00

Your introduction into the moves, spins and jumps of figure skating! Starting with the basics of techniques, stretching and balance, each week will challenge and build up skills and confidence all under the tutelage of an experienced and professional instructor.

Hockey Skating Skills (6-12years)

Mondays | 5:00-6:00

Take your hockey playing to the next level by building your skating skills this winter. Got the skating basics but want to build on this – our instructors will instruct at your level! Correct technique is the basis of this program and you will become quicker and agile as the winter progresses. Future Hockey opponents beware!

SOCCKER & FUTSAL

Half Kick Soccer (3-5 years)

Mondays | 1:30 and 2:15

Tuesdays | 2:15

Wednesdays | 2:15

Thursdays | 4:00

Fridays | 12:30

Saturdays | 9:30 – for 3-4.5 year olds

Through energetic games and age-appropriate activities, participants will learn basic dribbling, passing and shooting skills in addition to the most basic rules of soccer. The primary goal of Half Kick is to encourage further participation by making soccer fun and engaging.

U6 Soccer (4.5-6 years)

Saturdays | 10:00

This fun filled class will burn off some early weekend energy and your children will build on the skills they learnt in the fall U6 program. Games and scrimmage will keep the whole program enjoyable and kids will look forward to it all week!

Futsal League

Weekends | Schedule TBA

Hill House will enter teams into local Futsal Leagues this winter. This is a high-tempo competitive program. No prior Futsal experience is needed, just a lot of energy and the desire to learn and play! At the time of going to print, league details have not been released. Please call Marshall at 617-227-5838 for more information.



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STEM (SCIENCE, TECHNOLOGY, ENGINEERING AND MATH)

Drone Commander (9-14 years)

Tuesdays | 5:30 – 6:30

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.



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, 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 (1-3years) & (3-5 years)

Tuesdays | 11:15 (1-3yrs)

Tuesdays | 3:30 (3-5yrs)

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 | 4:15 – 5:15

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

Tennis Club (4-12 years)

Fridays | 4:00

Grab your racquet and head to the Boston Athletic Center indoor tennis courts to build your skills. Open to beginner and strong players alike as the individual attention from the instructor will challenge players at their own level. Lessons are led by the BAC's tennis professionals. Players will be separated to play in groups based on their age and ability.

THEATER

Musical Theater (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.

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.

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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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WHO WE ARE

Hill House offers more than 100 programs each season for youth ages 0-12 years in athletics, enrichment, and more. 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.

Follow us on social media;



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 can register early for programs at a reduced rate and are able to participate in free art and playgroup programs.

CALL 617-227-5838, x230

EMAIL madamczyk@hillhouseboston.org

VISIT hillhouseboston.org

STAFF LISTING:

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General Program Inquiries

Contact our front desk (617) 227-5838 x100

**Please note, Schedule is subject to change*

Save the Date for Summer!

Hill House Summer Day Camp and
Kiddie Kamp registration opens

January 14 for last year's campers and
January 16 to the community!

THIS SEASON AT-A-GLANCE

October 8	Winter Registration Opens for members
October 10	Winter Registration Opens for Public
November 25	First Day of Winter Programming
November 28-29	Hill House Closed for Thanksgiving
December 5	Photos with Santa
December 7	Hill House's Annual Tree & Wreath Sale
December 8	Holiday Gift Making Workshop
December 19-January 1	Hill House Closed
January 11	New Parent Workshop
January 14	Summer Camp Registration Opens for Returning Families
January 16	Summer Camp Registration Opens for Public
January 18-20	Hill House Closed
January 26	Winter Wonderland Kid's Social
February 2	Dads & Donuts
February 2	Fashionista Fun
February 4	Spring Reg Opens for Members
February 6	Spring Reg Opens for Public
February 9	Arts and Hearts Workshop
February 13	Kid's Valentine's Day Party
February 15-17	Hill House Closed



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