

SPRING 2020

ATHLETIC & PROGRAM GUIDE

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

REGISTRATION OPENS:

February 4 *for members*,
February 6 *for non-members*

PROGRAMS START:

Week of March 9



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



MONDAY

SPRING
2020

MAIN ASSEMBLY	ART ROOM/ KITCHEN	CLASSROOM	74 JOY	BOSTON COMMON	
Total Body Strength 50yrs+ 8:00-9:00 Vamos a Saltar! 1-4yrs 9:30-10:15 10:30-11:15 Open Playgroup 6mos-4yrs 11:30-1:00 <i>Drop-in program</i>	Sensory Play 1-2yrs 9:15-10:00 Play, Paint & Investigate I (12-24mos) 10:15-11:00 Play, Paint & Investigate II (19mos 3yrs) 11:15-12:00	Music Together 0-5 yrs 9:15-10:00 Music Together 0-5 yrs 10:15-11:00			
	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	New Parents Group 1:30-3:00 <i>March 10-31 and April 14- May 5</i> Intro to Chess 5-7yrs 4:00-4:45 Chess Club 7-12yrs 4:45-5:45	Bitty Basketball 3-4yrs 3:30-4:15 U6 Basketball Clinics 5-6yrs 4:15-5:00	Half Kick Soccer 3-5yrs 1:30-2:15 2:15-3:00 <i>1st 3 weeks indoors at the Firehouse</i> United Soccer Academy 3:00-4:00 <i>Grade 2 Only Begins April 6</i> United Skills Clinic 4:00-5:00 <i>Must be a current United player. Begins April 6</i>	
Beginner Fencing 5-12yrs 5:15-6:00 Intermediate Fencing 7-12 years 6:15-7:00	Knitting Club 7-12yrs 5:45-6:45		Stay Sharp Basketball 7-9yrs 5:00-6:00	Majors Baseball 10-12yrs 5:00-6:30 <i>Begins April 6</i>	

PRIVATE COACHING CLINICS 7-12YRS

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

Email Ryan Flanagan at rflanagan@hillhouseboston.org.

PRIVATE MUSIC LESSONS 6-12YRS

Choose between a 30, 45 or 60 minute session with one of our experienced instructors.

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TUESDAY

SPRING
2020

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	KITCHEN	74 JOY	BOSTON COMMON	TERSF
Jumping Jacks Gym 1-3yrs 9:15-10:00 10:15-11:00 11:15-12:00	Ocean Explorers 1-3yrs 9:15-10:00 Art in Nature 1-3yrs 10:15-11:00 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				
	Storybook STEM II 3-5yrs 3:30-4:15 Art in Nature 5-8 yrs 4:30-5:15		Open Playgroup 6mos-4yrs 1:15-3:15 Little Chefs 3-5yrs 3:15-4:00 4:15-5:00	Kiddie Karate 3-4yrs 3:30-4:15 Intermediate Karate 7-12yrs 4:30-5:15	Mini Bootcamp 3-5yrs 1:45-2:30 <i>1st 3 weeks indoors at the Firehouse</i> Half Kick Soccer 2:30-3:15 <i>1st 3 weeks indoors at the Firehouse</i> Tennis Club 3:00-3:45, 3-5yrs 3:45-4:30, 5-6yrs 4:30-5:15 Beginner, 5-7 yrs 5:15pm-6:00 Intermediate /Advanced, 7-12yrs <i>8 week program, begins April 7</i>	NEW Red Sox Rookie League 4 yrs only 4:00-4:50
PRIVATE COACHING CLINICS 7-12YRS Benefit from individual attention from Hill House’s top coaches. Clinics last 45 minutes and options are soccer, baseball, football and basketball. <div>Email Ryan Flanagan at rflanagan@hillhouseboston.org</div>						
			Animation Studio 7-12yrs 5:15-6:15	Majors Skills Clinics 10-12yrs 5:00-6:30 <i>Auxiliary program, separate from Majors Practice begins April 7</i> Girls Running Club 7-12yrs 5:00-6:00 <i>8 week program, begins April 7</i>		
PRIVATE MUSIC LESSONS 6-12YRS Choose between a 30, 45 or 60 minute session with one of our experienced instructors. <div>Call Vonnika at (617) 227 5838 ext. 100 to coordinate with our instructors!</div>			T-Ball Practice 5-6.5yrs 5:00-5:50 <i>Games on Saturday mornings Begins April 7. 1st week on the Common</i>			

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WEDNESDAY

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MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	74 JOY	BOSTON COMMON	TERSF	KITCHEN
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	Play, Paint and Investigate I 12-24mos 9:15-10:00 Art in Nature 1-3yrs 10:15-11:00 Play, Paint and Investigate II 19mos-3 yrs 11:15-12:00	Spanish in Motion 6mos-4yrs 9:15-10:00 Spanish in Motion 6mos-4yrs 10:15-11:00 New Parents' Playgroup 4-10mos 11:30-12:30				
Musical Theater 6-9yrs Rehearsal: 4:00-4:45 Art Design: 4:45-5:30	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 4:30 - 5:15	Open Playgroup 6mos-4yrs 1:00-3:00 <i>Drop-in program</i>	Bitty Basketball 3-5yrs 3:30-4:15 Toddler Storybook Ballet 3-4yrs 4:30-5:15	Born to Play Baseball 3yrs 1:30-2:15 <i>1st 3 weeks indoors at the Firehouse</i> Half Kick Soccer 3-5yrs 2:15-3:00 <i>1st 3 weeks indoors at the Firehouse</i> 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>8 week program, begins April 1</i>	Girls Field Hockey 4:30-5:30 6-8yrs 5:30-6:30 9-12yrs <i>Begins April 15</i> Half Kick Soccer 3-5yrs 4:30-5:15 <i>Begins April 15, 7 weeks</i>	Great HH Bake Off 7-12 4:00-5:00 5:00-6:00
PRIVATE COACHING CLINICS 7-12YRS Benefit from individual attention from Hill House's top coaches. Clinics last 45 minutes and options are soccer, baseball, football and basketball. <hr/> Email Ryan Flanagan at rflanagan@hillhouseboston.org			Tap Dance 5-6yrs 5:30-6:15	Majors Baseball 10-12yrs 5:00-6:30 <i>This day begins April 8</i>	AAA Baseball 8-9yrs 5:15-6:15 <i>Evaluation Clinic April 8</i> <i>1st Practice April 15, on the Common</i> <i>Games on Saturdays</i>	
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THURSDAY

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MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	KITCHEN	74 JOY STREET	BOSTON COMMON	TERSF
Jumping Jacks Gym 1-3yrs 9:15-10:00 10:15-11:00 11:15-12:00	Play, Paint & Investigate 1-2 yrs 9:15-10:00 Art in Nature 1-3yrs 10:15-11:00 NEW Animal Education Art 1-3yrs 11:15-12:00	Mindful Movers 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 2:00-2:45 2:45-3:30 3:30-4:15 Theater Dance 6-8yrs 4:45-5:45	Art of Cooking 3-5yrs 2:00-2:45 Fantasy Sculpture 3-5yrs 3:00-3:45 Fashion Design 7-12yrs 4:00-5:00 5:00-6:00	Members-Only Playgroup 6 mos-4yrs 12:30 to 2:30 <i>Drop-in program.</i> Video Game Design 7-10yrs 4:15-5:15pm	Cocinar con Amigos 4-6yrs 4:00-4:45 5:00-5:45	Toddler Storybook Ballet 3-4yrs 3:30-4:15 Beginner Karate 5-6yrs 4:30-5:15	NEW Tiny Track & Field 3-5 yrs 2:00-2:45pm <i>7 Weeks Starting April 9 1st 3 weeks indoors at the Firehouse</i> Half Kick Soccer 3-5yrs 3:00-3:45 <i>7 Weeks Starting April 9 1st 3 weeks indoors at the Firehouse</i> 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	Half Kick Soccer 3-4.5yrs 4:30-5:15 <i>7 Weeks Starting April 9 1st week on the Common</i>
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		NEW AttackBots Robotics 9-14yrs 5:30-6:30 Invest in Girls 12-15yrs Finance Workshops 6:30pm-7:30pm		Intermediate Karate 7-12yrs 5:30-6:15	Majors Skills Clinics 10-12yrs 5:00-6:30 <i>Auxiliary program, separate from Majors Practice begins April 9</i>	Girls AA 'Coach Pitch' Softball & Girls AAA 'Player Pitch' Softball 6-12yrs 5:15-6:30 <i>Begins April 15, 1st week on the Common</i> U6 Soccer Clinic 4.5-5yrs 5:15-6:15 <i>7 Weeks Starting April 9 1st week on the Common</i>

FRIDAY

SPRING
2020

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	BOSTON COMMON	TERSF
Tumble Time 2-4yrs 9:30-10:15 10:30-11:15	Mundo de Colores 12mos-3yrs 9:15-10:00 Little Builders 10:15-11:00 Storybook Art 1-3 11:15-12:00	Little Groove Music 3mos-4yrs 9:15-10:00 10:15-11:00 11:15-12:00		
NEW Ninja Warrior Training 3-5 years 1:30-2:15 Get Into Gymnastics 3-5yrs 2:30-3:00 3:15-4:00 Gymnastics 4:15-5:00	Open Art 1-4yrs 1:00-3:00 <i>Drop-in program for members ONLY.</i>		Half Kick Soccer 3-5yrs 12:30 - 1:15 <i>1st 3 weeks indoors at the Firehouse</i> Intro to Flag Football 4-6yrs 4:00-5:00 <i>7 weeks beginning April 10</i>	Born to Play Baseball 3yrs only 3:30-4:15 <i>7 weeks, begins April 10</i> AA Baseball 6.5-7yrs 4:30-5:30 <i>Games on Saturdays Begins April 10. 1st week on the Common</i>
Friday Night Out 3-10yrs 6:15-9:15 <i>March 27, April 24, May 15</i> Tween & Teen Event 11-14yrs 7:30-9:30 <i>May 15</i>			Friday Flag Football 7-12yrs 5:15-6:30 <i>7 weeks beginning April 10</i>	Hill House United Soccer Practice 5:30-7:00 2020-2021 United Soccer Try Outs 5:30-7:00 <i>May 15 & 17</i>



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WEEKEND

SPRING
2020

SATURDAY

BOSTON COMMON

Majors Baseball Games
10-12yrs
9:00-11:00
Beginning on April 18

TERSF

Half Kick Soccer 3-5yrs
9:30-10:15
10:30-11:15
11:30-12:15
*1st 3 weeks indoors
at Joy Street*

AAA Baseball Games
8-9yrs
9:00-11:00
*Opening Day TBA,
practices on Wednesdays*

T-Ball Games 5-6.5 yrs
11:00-11:45
*Opening Day TBA,
practices on Tuesdays*

AA Baseball Games
6.5-7 yrs
12:00-1:00
*Opening Day TBA,
practices on Fridays*

**Hill House United
Soccer Games**
*Please check
www.bays.org to view
game schedules.*

FIREHOUSE

**Hill House's Annual
Art Show**
*Projects from all spring art
classes on display*
10:00-12:00
May 9

Private Music Recital
10:00-12:00
May 16

SUNDAY

FIREHOUSE

*The Sunday Series -
One-off special events
this spring*
Meant to Bead 6-12yrs
1:00-2:30
March 7

Spring Crafts 6-12yrs
1:00-2:30
April 5

Kids Social
10:00-12:00
April 26

Dads & Donuts
9:30-11:30
May 3

TERSF

Sunday Soccer 6-12yrs
2:00-3:30
*Begins April 12,
7 week program
1st week on Common*

Flag Football 7-12yrs
3:45-5:00
*Begins April 12,
7 week program
1st week on Common*

**2020-2021 United
Soccer Try-Outs**
3:30-5:00
May 17



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PROGRAM DESCRIPTIONS

SPRING 2020

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NOTE: Participants must meet a program's minimum age requirement by April 1, 2020. Schedule and programs are subject to change.

ART

NEW Animal Education Art (1-3 years)

Thursdays | 11:15

In this art class, students will focus on a different animal each week, learning about what makes them special like where they are from and what they eat. After learning about the animal, students will create an art project inspired by the animal, merging zoology with creating!

Animation Studio (7-12 years)

Tuesdays | 5:15

Create amazing movies with stop motion animation using LEGO bricks. Children will work in teams to produce their very own movie complete with dialogue and sound effects. Movies are uploaded to a secure site for family and friends to see!

Art in Nature (1-3years)

Tuesdays | 10:15

Wednesdays | 10:15

Thursdays | 10:15

Tuesdays | 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.

Art in the Park (4-6years)

Thursdays | 2:30 and 3:30

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

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! See "Cozy Crafts" for the partner program.

Fashion Design (7-12 years)

Thursdays | 4:30 and 5:30

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.

Knitting Club (7-12 years)

Mondays | 5:15

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)

Fridays | 10:15

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.

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.

Ocean Explorers (1-3 years)

Tuesdays | 9:15

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.



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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 (12mo- 24mo)

Mondays | 10:15

Wednesdays | 9:15

Thursdays | 9:15

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.

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

Mondays | 11:15

Wednesdays | 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.

Sensory Play (1-2 years)

Mondays | 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 Storybook Art (1-3yrs)

Fridays | 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 (6.5-7 years)

Practices begin April 10, Fridays | 4:30-5:30

Games TBA, Saturdays | 12:00-1:00

In this coach/machine-pitched league, players continue to build upon the basic fundamentals developed in T-Ball while learning live hitting, position play and the basics of formal game-play with rules being introduced gradually throughout the season. Participants practice once during the week and play one game each weekend. All players are assigned to a co-ed team and will receive a shirt and hat.

AAA Baseball (8-9 years)

Evaluation April 8, 1st practices April 15

Wednesdays | 5:15-6:15

Games TBA, Saturdays | 9:00-11:00

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

Born to Play Baseball (3 years)

Wednesdays | 1:30

Fridays | 3:30

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

T-Ball (5-6.5 years)

Practices begin April 9

Tuesdays | 5:00-5:50

Games TBA, Saturdays | 11:00-11:45

T-Ball invites you to embark on your child's first experience with Hill House team play. Participants learn the basics of teamwork and simple baseball technique in a hands-on environment. T-Ball participants practice once during the week and play one game each weekend. All players are assigned to a co-ed team and will receive a shirt and hat.



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Majors Skills Clinic 10-12 years

Tuesdays and Thursdays | 5:00-6:30pm

Separate from our normal Majors schedule, these add-on auxiliary clinics will run on Tuesdays and Thursdays for our most passionate players. Clinics will be led by Majors staff and continue to build on the skills being worked on throughout the season. Whether this is extra fielding, batting practice, working on pitching mechanics, or catching, this will be your program to get those extra repetitions in and stay ahead of the pack!

Majors Baseball (10-12 years)

Mondays & Wednesdays | 5:00-6:30

Saturdays | 9:00-11:00

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

Red Sox Rookie League (4 years)

Tuesdays | 4:00

For any eager players ready to graduate from Born to Play Baseball! The Rookie League will invite all 4 year olds to participate in staff-led clinics that expand on the basic skills and fun games that all new players will need to know to join a team in T-Ball the following spring. All equipment will be provided, and all players will receive a hat and t-shirt.

BASKETBALL

Bitty Basketball (3-4 years)

Mondays | 3:30

Wednesdays | 3:30

Learn the fundamentals of basketball with our patient, creative instructors. Participants will learn skills and techniques through simple, fun games and activities. Kids will learn proper dribbling and shooting methods. Not only do they have more fun than those who don't play, but Bitty Basketballers are also better prepared for our U6 Basketball League when they're the right age.

U6 Basketball Clinics (5-6 years)

Mondays | 4:15-5:00

Played ball before but not old enough for Stay Sharp? This is the ideal class for you. Fun games, drills and scrimmage time will take your child's play to the next level...with a smile on their face!

Stay Sharp Basketball (7-9 years)

Mondays | 5:00-6:00

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

CHESS

Chess Club (7-12 years)

Mondays | 4:45-5:45

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

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 & 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.

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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 | 3:15 and 4:15

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!

DANCE

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!

Tap Dance (5-6 years)

Wednesdays | 5:30

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!

Theater Dance (6-9 years)

Thursdays | 4:45

In this class, students will explore two complimentary art forms: theater and dance! This class will explore physical character development, fun improv games, choreography and how movement can be used as a form of self expression. The goal of this class is for students to have fun and further find and develop their own voices.

FAMILY FUN

Dads & Donuts (0-6 years)

Sunday, May 3 | 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!

Friday Night Out (3-10 years)

Friday, March 27, April 24 and May 15 | 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)

March 15 | 7:30-9:30

Tweens and teens 11-14 years old are invited to join us back in the neighborhood. 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 | 5:15

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 | 6:15

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.



FIELD HOCKEY

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

Beginning April 15

Wednesdays | 4:30-5:30 (6-8 years)

Wednesdays | 5:30-6:30 (9-12 years)

Join us as we head out to the fields to learn the basics of this sport. Proper grip, ball control and body positioning will all be instilled as we run drills to help players solidify the rules of the sport as they practice passing and scoring out on the fields.

FITNESS FOR ADULTS

Total Body Strength (50+ years)

Mondays & Wednesdays | 8:00-9:00

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

Registration Opens: February 4 for members
February 6 for non-members

Indoor Programs Start: The week of March 9



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hillhouseboston.org

PROGRAM DESCRIPTIONS

SPRING 2020

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

FOOTBALL

Flag Football (7-12 years)

Fridays | 5:15-6:30

Sundays | 3:45-5:00

Flag Football introduces children to the game of flag football through drills and scrimmages. Children will learn the fundamental skills necessary to excel in football and will receive instruction designed to improve their speed, agility and overall athleticism. The program promises exercise and instills good sportsmanship and teamwork. Build up your skills to play in the Boston NFL Flag Football League in the fall.

Intro to Flag Football (5-6 years)

Fridays | 4:00-5:00

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

FOREIGN LANGUAGE

Cocinar con Amigos (4-6 years)

Thursdays | 4:00 & 5:00

Join us in the kitchen for a sizzling class all about the colorful culture and delicious foods of Latin America! While strengthening their Spanish vocabulary, students will learn safe kitchen practices as they create classic dishes that range from familiar to exotic. Please note: this is a drop-off class. All participants must be potty-trained.

Mundo de Colores (12 months-3 years)

Fridays | 9:15

Art projects and crafts will help your little one learn simple Spanish phrases and colors. Mundo de Colores promotes development of hand-eye coordination, visual and fine motor skills, sequencing and arranging abilities, awareness of colors, shapes, shades, textures and decision-making techniques.

Spanish in Motion (6mos-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.

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!

FITNESS FUN

Girls Running Club (7-12 years)

Tuesdays, begins April 2 | 5:30-6:30

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

NEW Tiny Track and Field (3-5 years)

Thursdays | 2:00

In this class, children will be introduced to a variety of skills that will be sure to get them ready for the future Olympics. This program will combine motor skills development and helpful techniques with a major focus on fun! These exercises and games will prepare athletes for a future in cross-country, track and field events, while inspiring a love for running and being active.

Mini Bootcamp (3-5 years)

Tuesdays | 1:45

Join Hill House for this new class that is sure to 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.

NEW Ninja Warrior Training (3-5 years)

Fridays | 1:30

This fun active 'training' will work on skills such as balance, power, speed, and agility; turning all participants into future Hill House ninja warriors! There will be new obstacle courses and challenges each week to test our participants and help strengthen their ninja skills.

GYMNASTICS

Get into Gymnastics (3-5 years)

Thursdays | 2:00, 2:45 & 3:30

Fridays | 2:30 & 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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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)

Thursdays | 4:30

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)

Thursdays | 5:30

At this level, with some practice under their belt, students know that the rules are in place to protect them. Respect has taught them caution. Participants understand eye-contact as a method of communication. At this level, students will continue to practice sparring and the benefits of self-defense as they begin to earn stripes and different color belts and practice goal-setting and obtainment.

Intermediate Karate 2 (7-12 years)

Tuesdays | 4:30

At this level, with some practice under their belt, students know that the rules are in place to protect them. Respect has taught them caution. Participants understand eye-contact as a method of communication. At this level, students will continue to practice sparring and the benefits of self-defense as they begin to earn stripes and different color belts and practice goal-setting and obtainment.

Kiddie Karate (3-4 years)

Tuesdays | 3:30

Toddler-age children will benefit from exciting experiences with peers, while encouraging motor skill coordination, concentration, and self-confidence as they are introduced to the character and fundamentals of karate. Uniforms can be purchased on the first day of class from the instructor.



MUSIC

Little Groove Music (3 months-4 years)

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

Mindful Movers

Infants (6wks-5mos)

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 (6mos-12mos)

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 backbends, forward bends, side bends and twists.

Walkers (12mos-18mos)

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.

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Workshops

Sundays

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 617-227-5838.

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 (4-10mos)

Wednesdays | 11:30-12:30

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

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!

SOCCER

Half Kick Soccer (3-5 years)

Mondays | 1:30 and 2:15

Tuesdays | 2:30

Wednesdays | 4:30

Thursdays | 3:00

3-4.5yrs | 4:30

Fridays at 12:30

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

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

Hill House United (continuation of fall season)

Monday Skills Clinics | 4:00-5:00

Fridays | 5:30-7:00

Weekend games | Visit bays.org

Hill House United is a travel soccer program for more advanced players looking to learn and compete at a higher level. Teams compete in the Boston Area Youth Soccer League and play other local travel teams. Playing requires a significant commitment due to the travel around the Greater Boston area.

Tryouts for the 2020-2021 season will be held on May 17 for players entering Grade 4-6 & May 19 for players entering Grade 3.

Sunday Soccer (6-12 years)

Sundays beginning April 7 | 2:00-3:30

Polish your skills in the off-season with this Sunday afternoon clinic. Players will work on all aspects of the game, including dribbling, passing, shooting and team strategy. Hill House's Sunday Soccer program will develop all aspects of a player's game by placing them in a fast, fun setting. Enjoy playtime on the Esplanade each week as the weather grows warmer! Open to all experience levels.

United Soccer Academy (Grade 2 Only)

Mondays | 3:00-4:00

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

U6 Soccer Clinic (4.5-5 years)

Thursdays | 5:15-6:15

This clinic will help solidify the basics of the world's most popular sport for your young athlete. Games and drills will allow players to get used to having a ball at their feet. We will work to develop listening and cooperation skills. A focus on dribbling, passing and shooting will give players a chance to compete against one another. We aim to assist in the development of player's skills so that they might achieve their maximum potential at their own pace. Based on numbers, all players enrolled will train in

small groups determined by age and ability. The primary focus at this level is the development of fundamental skills in a fun environment with the beginnings of structured team play.

SOFTBALL

Girls AA Softball - Coach Pitch (6-9 years)

Thursdays | 5:15-6:30

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



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

Thursdays | 5:15-6:30

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

STEM (SCIENCE, TECHNOLOGY, ENGINEERING AND MATH)

NEW AttackBots Robotics (7-12 years)

Thursdays | 5:30 – 6:30

In this exciting class, students will build a variety of military inspired robotic models. Children will learn about sensors, gears, pulleys and programming as they create robotics catapults, crossbows, tanks, bomber planes and much more!

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, 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)

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 (6-10 years)

Wednesdays | 4:00-5:30

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.*

Registration Opens: February 4 for members
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SPRING 2020

ATHLETIC AND PROGRAM GUIDE



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

Membership—\$150/yr

DID YOU KNOW that if your family registers for 3 programs each year, a Hill House Membership pays for itself? Hill House Members can register early for programs at a reduced rate and are able to participate in free art and playgroup classes.

CALL 617-227-5838, x 230

EMAIL madamczyk@hillhouseboston.org

VISIT www.hillhouseboston.org

Registration Opens

February 4 for members, 10am

February 6 for non-members, 10am

Programs Start

Indoors on **March 9**



Questions?

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This Season At-a-Glance

March 9 Indoor Programs Begin

April 6 Boston Common Fields Open

April 20 Hill House Closed—Patriot's Day

May 15 Private Music Recital

May 16 HHOP Family Fun Day

May 17 & 19 United Soccer Tryouts

May 17 Annual Art Show

May 19 Fall Registration Opens

May 19 Annual Meeting

June 17 Summer Camp Begins



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