

FALL 2020 ATHLETIC & PROGRAM GUIDE



REGISTRATION OPENS

May 19 for members
May 21 for non-members

PROGRAMS START

September 8

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



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



MONDAY

FALL 2020

ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY	ART ROOM	CLASSROOM	74 JOY	BOSTON COMMON
Total Body Strength 50yrs+ 8:00-9:00 Vamos a Saltar! 1-4yrs 9:30-10:15 10:30-11:15 Open Playgroup 6mos-4yrs 11:30-1:00 <i>Drop-in program</i>	Sensory Play 1-2yrs 9:15-10:00 Animal Education Art 1-3yrs 10:15-11:00 Play, Paint & Investigate II 11:15-12:00	Music Together 0-5yrs 9:15-10:00 10:15-11:00 Open Playgroup 0-4 yrs 1:30-3:00		
	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	Intro to Chess 5-7yrs 4:00-4:45 Chess Club 7-12yrs 4:45-5:45	Bitty Basketball 3-5yrs 3:45-4:30 6U Basketball Clinic 5-6yrs 4:30-5:15	Tiny Track & Field 3-5 yrs 1:30-2:15 Half Kick Soccer 3-4.5yrs 2:45-3:30
Beginner Fencing 5-12yrs 5:15-6:00 Intermediate Fencing 7-12yrs 6:15-7:00			Stay Sharp Basketball 7-9yrs 5:15 -6:00	United Foot Skills Clinic 5:00-6:00 <i>Current United players only</i>

PRIVATE MUSIC LESSONS

6yrs - Adult

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

CALL VONNIKA
at 617 227 5838 x100
to coordinate!



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Tuesday, September 8

TUESDAY

FALL 2020

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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 1-3 yrs 9:15-10:00 Art in Nature 1-3 yrs 10:15-11:00 Storybook STEM I 1-3 yrs 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	Open Playgroup 6mos-4yrs 1:15-3:15 <i>Drop-in program</i> Animation Studio 7-12 yrs 5:15-6:15	Little Chefs 3-5 yrs 3:15-4:00 4:15-5:00	Kiddie Karate 3-4yrs 3:30-4:15 Intermediate Karate 7-12yrs 4:30-5:15	Half Kick Soccer 3-4.5yrs 1:45-2:30 Born to Play Baseball 3-5yrs 2:45-3:30 Tennis Club 3:00-3:45 (3-5yrs) 3:45-4:30 (5-6yrs) 4:30-5:15 Beginners (6-12yrs) 5:15-6:00 Intermediate / Advanced (7-12yrs) <i>7-week program</i>	Revs Rookie League 4 yrs 4:00-4:45
	Knitting Club 7-12 yrs 5:00-5:45				Girls Running Club 7-12yrs 5:00-6:00	6U Soccer Practice 5-6 years 5:00-5:50 <i>Games on Saturday mornings</i>



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WEDNESDAY

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Total Body Strength 50yrs+ 8:00-9:00 Jumping Jacks Gym 1-3yrs 9:30-10:15 10:15-11:00 11:15-12:00	Play, Paint & Investigate I 12-24mos 9:15-10:00 Ocean Explorers 1-3yrs 10:15-11:00 Play, Paint & Investigate II 19mos-3yrs 11:15-12:00		Spanish in Motion 6mos-4yrs 9:15-10:00 10:15-11:00 New Parents' Playgroup 4-10mos 11:30-12:30			
Musical Theatre 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	Great Hill House Bake Off 7-12yrs 4:00-5:00 5:15-6:15	Open Playgroup 6mos-4yrs 1:00-3:00 <i>Drop-in program</i>	Bitty Basketball 3-5yrs 3:00-3:45 3:45-4:30 Storybook Ballet 4-6yrs 4:30-5:15	Born to Play Baseball 3-5yrs 1:30-2:15	
				Tap Dance 6-8yrs 5:30-6:15	Tennis Club 3:00-3:45 (3-5yrs) 3:45-4:30 (5-6yrs) 4:30-5:15 Beginners (6-12yrs) 5:15-6:00 Intermediate/Advanced (7-12yrs) <i>7-week program</i>	8U Girls Soccer Practices 7-8yrs 5:00-6:00 <i>Games on Saturday Mornings</i> 11U Boys Soccer Practice 9-11yrs 6:00-7:00 <i>Games on Saturday mornings</i>



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THURSDAY

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<p>Jumping Jacks Gym 1-3yrs 9:15-10:00 10:15-11:00 11:15-12:00</p>	<p>Play, Paint, Investigate I 1-2yrs 9:15-10:00</p> <p>Art in Nature 1-3yrs 10:15-11:00</p> <p>Animal Education Art 1-3yrs 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>Get into Gymnastics 3-5yrs 3:45-4:30 4:30-5:15</p>	<p>Art of Cooking 3-5yrs 1:00-1:45</p> <p>Fantasy Sculpture 3-5 yrs 3:00-3:45</p> <p>Fashion Design 7-12 yrs 4:15-5:00 5:30-6:15</p>	<p>Members-Only Playgroup 6 mos-4yrs 1:00 to 3:00 <i>Drop-in program.</i></p> <p>Video Game Design 7-10yrs 4:15-5:15</p>	<p>Cocinar con Amigos 4-6yrs 3:00-3:45 4:00-4:45</p>	<p>Toddler Storybook Ballet 3-4yrs 3:30-4:15</p> <p>Beginner Karate 5-6 yrs 4:30-5:15 5:30-6:15</p>	<p>Half Kick Soccer 3-4.5yrs 1:45-2:30</p> <p>Tiny Track & Field 3-5 yrs 3:00-3:45</p> <p>Tennis Club 3:00-3:45 (3-5yrs) 3:45-4:30 (5-6yrs) 4:30-5:15 Beginners (6-12yrs) 5:15-6:00 Intermediate/ Advanced (7-12yrs) 7-week program</p>	
		<p>AttackBots Robotics 9-14 yrs 5:30-6:30</p> <p>Invest in Girls - Financial Literacy Workshops 12-15yrs 6:30-7:30 Dates TBA 4-week program</p>			<p>Fall Ball - Baseball 8-12yrs 5:00-6:30</p>	<p>8U Boys Soccer Practices 7-8yrs 5:00-6:00 <i>Games on Saturdays</i></p> <p>11U Girls Soccer Practice 9-11yrs 6:00-7:00 <i>Games on Saturday mornings</i></p>



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FRIDAY

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MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	TERSF	BOSTON COMMON
<div>Tumble Time 2-4yrs 9:30-10:15 10:30-11:15</div>	<div>Mundo de Colores 12mos-3yrs 9:15-10:00 Little Builders 1-3 yrs 10:15-11:00 Storybook Art 1-3 yrs 11:15-12:00</div>	<div>Little Groove Music 3mos-4yrs 9:15-10:00 10:15-11:00 11:15-12:00</div>		<div>Half Kick Soccer 3-4.5yrs 12:30-1:15 T-Ball Clinics 5-6.5yrs 3:30-4:15 AA Baseball Clinic 4:15-5:00 Friday Flag Football 7-12yrs 5:00-6:15 See Sunday for our NFL Flag Football League option</div>
<div>Ninja Warrior Training 3-5yrs 1:45-2:30 Get into Gymnastics 3-5yrs 3:00-3:45 3:45-4:30 Gymnastics 6-7yrs 4:30-5:15</div>	<div>Open Art 1-4yrs 1:00-3:00 Drop-in program for members ONLY</div>			
<div>Friday Night Out 3-10yrs 6:15-9:15 October 23, November 20 Friday Night Fright 10-14yrs 7:30-9:30 October 30</div>			<div>Hill House United Soccer - Team Practice 5:30-7:00</div>	
<div>PRIVATE MUSIC LESSONS 6yrs - Adult Choose between a 30, 45 or 60 minute session with one of our experienced instructors! CALL VONNIKA at 617 227 5838 x100 to coordinate!</div>				



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WEEKEND

SATURDAY

TERSF

Half Kick Soccer 3-4.5yrs

10:30, 11:30, and 12:30

6U Soccer Games 5-6yrs

8:30 and 2:30

8U Girls Soccer Games

7-8yrs

9:30, 10:30, or 11:30

8U Boys Soccer games

7-8 yrs

11:30am, 12:30, 1:30, or 2:30

11U Boys Soccer games

9-11yrs

9:30 or 10:30

11U Girls Soccer games

9-11yrs

8:30

Hill House United Soccer Games

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



SUNDAY

FIREHOUSE

Dads & Donuts

9:30-11:00

October 18

New Parent Workshops

10:30-11:30

Sep 13, Oct 4, Nov 8

Art Workshops

1:00-2:30

Oct 25, Nov 15

TERSF

Boys & Girls Lacrosse

2:30-3:30

CLEMENTE FIELD

The Boston NFL Flag Football League

Patriots Development League

8:30-9:30

Grades K&1

The Junior League

9:00-10:30

Grades 2&3

The Senior League

10:00-11:30

Grades 4&5

The Pro League

11:00-12:30

Grades 6&7



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NOTE: Participants must meet a program's minimum age requirement by September 1, 2020.

ART

Art in Nature (1-3 years)

Tuesdays | 10:15

Thursdays | 10:15

Explore mother nature and the elements in this art class!! You child will make natural paint brushes, paint branches and create wood sculptures. Seasonal projects will include the use of pumpkins, leaves, snow, flowers, dirt and much more. We will explore sensory bins with sands, dirt and other items to see what happens when we add water, snow, and other natural elements. Dig in!

Little Builders (1-3 years)

Friday at 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 (12 months-3 years)

Fridays | 9:15

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

Open Art (1-4 years)

Mondays | 1:00-3:00

Fridays | 1:00-3:00

Free for members; drop-in.

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

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

Wednesday at 9:15

Thursday at 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 (19 months-3 years)

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 months+ and have already experienced PPI I or are 24 months+.

Pre-School Picasso (3-5 years)

Wednesdays | 1:30

Explore the art world and its most popular mediums: paint, clay, watercolors and solids. Pre-School Picasso will focus on pre-school related themes, activities and developmental goals. Young artists will develop visual and fine motor skills through sequencing and arranging as well as gaining awareness of colors, shapes, shades, textures. Please note: this is a drop-off class. All participants must be potty-trained.

Clay Creations (3-5 years)

Wednesdays | 2:30

This program will teach the building blocks of using clay! We will learn to manipulate different types of clay to make beads, structures, sculptures and more. Each of these projects will encourage each student to bring their own creativity to life in 3D! Participants will be able to take home their creations at the end!

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.

FALL 2020

ATHLETIC AND PROGRAM GUIDE

BASEBALL

AA Baseball Clinic (6-7 years)

Fridays | 4:15-5:00

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

Born to Play Baseball (3-5 years)

Tuesdays | 2:45

Wednesdays | 1:30

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

Fall Ball – Baseball (8-12 years)

Thursdays | 5:00-6:30

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



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T-Ball Clinics (5-6.5 years)

Fridays | 3:30-4:15

Graduate from our Red Sox Rookie League and have your player join their first Hill House team! This fun introductory league still covers the basics, but exposes players to formalized game play, the rules, and processes of America's pastime. This year, practices will start as clinics ran by HH athletics staff and end fun games to end the session. Players all receive a hat, jersey, and will be assigned to a team.

BASKETBALL

Bitty Basketball (3-5 years)

Mondays | 3:45-4:30

Wednesdays | 3:00 & 3:45

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

6U Basketball Clinics (5-6 years)

Mondays | 4:15

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

Stay Sharp Basketball (7-9 years)

Mondays | 5:15

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

CHESS

Chess Club (7-12 years)

Mondays | 4:45

Taught by Chess Grand Master, Vadim M, this course will build strategy and game play each week at a level suited to each participant. By the end of the semester, children will have the knowledge to fully enjoy the game of chess. This class always fills so sign up quickly!

Intro to Chess (5-7 years)

Mondays | 4:00

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

COOKING

Art of Cooking (3-5 years)

Wednesdays | 3:30 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 | 3:00 and 4:00

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

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

Wednesdays | 4:00 and 5:15

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!



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DANCE

Storybook Ballet (4-6 years)

Wednesdays | 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 (5-8 years)

Wednesdays | 5:15

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

Toddler Storybook Ballet (3-4 years)

Thursdays | 3:30

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

EARLY PARENTING

New Parents Play Group (4-10 months)

Wednesdays | 11:30-12:30

New parents and their babies find a space where they can play and chat about their child's development at the Firehouse! This playgroup is a great way to meet and spend time with other new parents in the area! Toys, music and bubbles will be provided to keep your infant entertained while developing new skills.

New Parents Group

Tuesdays | 2:30

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

Mindful Movers – 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.

Mindful Movers – 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 backbends, forward bends, side bends and twists.

Mindful Movers – Walkers (12-18 months)

Thursdays | 9:15

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

New Parent Workshops

Sundays | 10:30-11:30

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

FENCING

Beginner Fencing (5-12 years)

Mondays | 5:30

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

Intermediate Fencing (7-12 years)

Mondays | 6:30

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



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FINANCIAL LITERACY

Invest in Girls (12-15 years)

Thursdays | 6:30-7:30

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

FITNESS

Tiny Track & Field

Mondays | 1:30

Thursdays | 3:00

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.

Friday Night Out (3-10 years)

October 23, November 20 | 6:15-9:15

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

Friday Night Fright (11-14 years)

October 30 | 7:30-9:30

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

Ninja Warrior Training (3-5 years)

Fridays | 1:45

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.

FITNESS FOR ADULTS

Total Body Strength (50+ years)

Mondays & Wednesdays | 8:00-9:00

In the Total Body Strength class, we will use weights, resistance tubing and our own body-weight against gravity to build a strong core.

The class is 1 hour long and will be set to great music to inspire you. This class is perfect for the active older adult who also enjoys socializing with others in the neighborhood (50+). There will be both standing and mat exercises to challenge all your major muscle groups. A flexibility segment will be added to the end of class.

FOOTBALL

Flag Football (7-12 years)

Fridays | 5:00-6:15

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

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

Sundays

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

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

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

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

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



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FOREIGN LANGUAGE

Cocinar con Amigos (4-6 years)

Thursdays | 3:00 and 4:00

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

Mundo de Colores (12 months-3 years)

Fridays | 9:15

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

Spanish in Motion (6 months-4 years)

Wednesdays | 9:15 and 10:15

This is a fun and interactive class where parents, caregivers and educators sit with their children to explore the Spanish-language, music, and Latin-American culture. This class is perfect for parents with multiple children of varying ages. Children are exposed to Spanish through songs that create an environment that allows for a long periods of listening and exposure, coupled

with call-and-response interactivity requiring physical movement. Parents receive a copy of our own music heard in class to enjoy in the car and at home.

Vamos a Saltar! (1-4 years)

Mondays | 9:30 and 10:30

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

GYMNASTICS

Get into Gymnastics (3-5 years)

Thursdays | 3:45 & 4:30

Fridays | 3:00 & 3:45

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 | 4:30

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 and 5:30

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 (7-12 years)

Tuesdays | 4:30

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

Kiddie Karate (3-4 years)

Tuesdays | 3:30

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

LACROSSE

Intro to Lacrosse (5-10 years)

Girls, Sundays | 2:30-3:30

Boys, Sundays | 2:30-3:30

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



127 Mount Vernon St.

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(617) 227-5838

www.hillhouseboston.org

REGISTRATION

Opens May 19 for members,
May 21 for non-members.

PROGRAMS
START

Tuesday, September 8

PROGRAM DESCRIPTIONS

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

FALL 2020

ATHLETIC AND PROGRAM GUIDE

MEMBERS ONLY

Member-Only Playgroup (6 months-4 years)

Thursdays | 1:00-3:00

Drop-in program

Come and spend a fun-filled afternoon with us in the Firehouse! Hill House members have access to this drop-in playgroup, where they can listen to music and meet other friends from the community while playing with some of our favorite toys. Come enjoy all the great play equipment we have on-site. We hope to see you there!

Members-Only Open Art (1-4 years)

Mondays | 1:00-3:00

Fridays | 1:00-3:00

Drop-in program

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

MUSIC

Little Groove Music (3 months-4 years)

Tuesdays | 9:15, 10:15, 11:15 and 12:15

Fridays | 9:15, 10:15 and 11:15

These music classes are designed to help infants, toddlers and preschoolers learn and

interact through sound, sight and touch in a live music setting. Children enjoy using their bodies and voices to sing along to catchy songs that help them build important motor and social skills. They will also have fun using real instruments such as drums, shakers and tambourines. Children also interact with puppets, bubbles, balls, pom poms, building blocks and one large parachute!

Music Together (0-5 years)

Mondays | 9:15 and 10:15

Our Music Together classes build on your Music Together own musical ability. Experience Music Together and find out how important and how your child's natural enthusiasm for music and movement. We'll help you provide your child with the basic musical skills needed to enjoy school and social musical activities, and to study an instrument should he or she choose to do so.

Private & Group Music Lessons (6 years-Adult)

Spaces are available.

Call Vonnika at 617-227-5838 ext. 100 to inquire about availability.

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

PLAYGROUP

Open Playgroup (6 months-4 years)

Mondays | 11:30-1:30

Tuesdays | 1:15-3:15

Wednesdays | 1:00-3:00

Join us for playtime in a fun and open setting! This is a great opportunity to meet new kids and families in the community. Mats, toys, books, markers and music will be available each week at this free program, one of several benefits available to our broader Beacon Hill Community!

Member-Only Playgroup (6 months-4 years)

Thursdays | 1:00-3:00

Member-only, drop-in

Come and spend a fun-filled afternoon with us in the Firehouse! Hill House members have access to this drop-in playgroup, where they can listen to music and meet other friends from the community while playing with some of our favorite toys. Come enjoy all the great play equipment we have on-site. We hope to see you there!

SOCCER

Half Kick Soccer (3-4.5 years)

Mondays | 2:45

Tuesdays | 1:45

Thursdays | 1:45

Fridays | 12:30

Saturdays | 10:30, 11:30 and 12:30

Introduce your little player to the game of soccer in this classic Hill House program. Whether your child has never played soccer before or they want to get ready for U6 soccer in the future, this class is perfect for developing new skills through an energetic and fast paced curriculum mastered by our instructors.



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Hill House United (Grades 3-6)

Friday Team Practices | 5:30-6:55

Check bays.org for game schedules

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



Hill House In-House Soccer Leagues

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

Revs Rookie League (4 years)

Tuesdays | 4:00

For players new or graduating from Half Kick Soccer! Come join our 4 year old Revs Rookie League where we begin teaching the basics of foot skills and game tactics with our awesome Hill House coaches. Clinic-based sessions will work towards introducing game play and breaking into more formal games near the end of the season. The Rookie League aims to prepare players to join our 6U co-ed teams in future seasons in a safe and encouraging setting.

6U Co-ed Soccer League (5-6 years)

Practices on Tuesdays | 5:00-5:50

Games on Saturdays | 8:30 and 9:30

6U Players will be assigned to coed teams with practice on Tuesday afternoons at 5:00 pm and play games on Saturday mornings (game schedules listed on the soccer page of the Hill House website). The curriculum emphasizes fun and learning new skills through games. Develop each week as we play mini games each weekend.

8U Soccer Leagues (7-8 years)

Boys practice on Thursdays | 5:00-6:00

Girls practice on Tuesdays | 5:00-6:00

Boys Games on Saturdays | 11:30, 12:30, and 1:30

Girls Games on Saturdays | 9:30, 10:30, and 11:30

8U Players will be divided into teams based on age and gender. Participants will practice at 5:00 pm and play games on Saturdays (game schedules listed on the soccer page of the Hill House website). Throughout the season, all areas of individual skill will be worked on as well as developing teamwork and strategy.

11U Soccer Leagues

Boys practice on Wednesdays | 6:00-7:00

Girls practice on Thursdays | 6:00-7:00

Boys games on Saturdays | 9:30 or 10:30

Girls games on Saturdays | 8:30

11U players will be divided into teams and coached by Hill House coaches and volunteers. They specially designed curriculum will target all the skills and development needed for players of this age. Coaching will ensure that fun, enjoyment and teamwork are emphasized just as much as skills and drills.

RUNNING

Girls' Running Club (7-12 years)

Tuesdays | 5:00-6:00

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

SPECIAL EVENTS

Dads & Donuts

October 18 | 9:30-11:00

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

STEM (SCIENCE, TECHNOLOGY, ENGINEERING AND MATH)

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 *Snepology*.

Science Experiment Explorers (3-5 years)

Mondays | 3:15 and 4:15

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



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Storybook STEM (3-5 years)

Tuesday | 3:30

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

Video Game Design (7-10 years)

Thursdays | 4:30 - 5:30

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

TENNIS

Hill House Tennis Club (3-12 years)

Tuesdays, Wednesdays, & Thursdays

3:00 (3-5yrs)

3:45 (5-6yrs)

4:30 Beginners (6-12yrs)

5:15 Intermediate/Advanced (7-12yrs)

Grab your racquet and head to the Boston Common tennis courts to build your skills. Open to beginner and strong players alike as the individual attention from our

instructors will challenge players at their own individual skill level. We are happy to have expanded this program to multiple classes this spring, which will develop each player's "love" for tennis. Taught by experienced Tennis Pros.

THEATRE

Musical Theatre (7-10 years)

Wednesdays | 4:00-5:30

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.

Vamos a Saltar! (1-4 years)

Mondays | 9:30 and 10:30

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

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



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ATHLETIC AND PROGRAM GUIDE

WHO WE ARE

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

MEMBERSHIP—\$150/YEAR

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

CALL
617-227-5838, x230
EMAIL
madamczyk@hillhouseboston.org
VISIT
hillhouseboston.org

QUESTIONS?

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This Season At-a-Glance

May 19

Fall Registration opens for members

May 21

Fall registration opens for non-members

September 8

Fall Programs begin

September 27

Pancake Breakfast & Family Safety Day

October 6

Winter Registration Opens for Members

October 8

Winter Registration Opens for Public

October 10-12

Closed for Columbus Day

October 18

Dads & Donuts

October 23

Annual Fall Fundraiser

October 29

Kids Halloween Party

October 30

Friday Night Fright

November 26-27

Closed for Thanksgiving



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