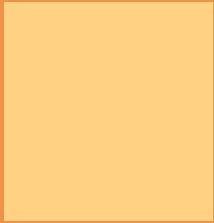
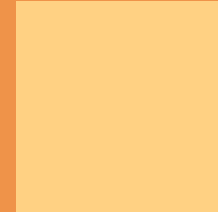




# FALL 2017

## ATHLETIC AND PROGRAM GUIDE



### REGISTRATION

Opens May 30 for members,  
June 1 for non-members.

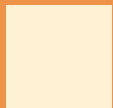
### PROGRAMS START

the week of September 4.



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[hillhouseboston.org](http://hillhouseboston.org)



# MONDAY

**FALL 2017**  
ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY	ART ROOM	CLASSROOM	74 JOY	BOSTON COMMON
<b>Total Body Strength 50yrs+</b> 8:00-9:00  <b>Vamos a Saltar! 1-4yrs</b> 9:30-10:15 10:30-11:15  <b>Open Playgroup 6mos-4yrs</b> 11:30-12:15 12:15-1:00 <i>Drop-in program</i>	<b>Art for the Toddler Heart</b> <b>19mos-3yrs</b> 10:15-11:00  <b>Scribble &amp; Squish 12-24 mos</b> 11:15-12:00	<b>Music Together 0-5yrs</b> 9:15-10:00 10:15-11:00		
<b>Kiddie Karate 3-4yrs</b> 3:30-4:15  <b>Beginner Karate 5-6yrs</b> 4:30-5:15	<b>Open Art 1-4yrs</b> 1:00-3:00 <i>Drop-in program for members ONLY.</i>  <b>Science Experiment Explorers 3-5yrs</b> 3:30-4:15	<b>Chess I &amp; II 6-12yrs</b> 4:45-5:45	<b>Bitty Basketball 3-5yrs</b> 3:30-4:15 4:15-5:00	<b>Half Kick Soccer 3-4. 5yrs</b> 1:30-2:15 2:15-3:00
<b>Beginner Fencing 5-12yrs</b> 5:30-6:15  <b>Intermediate Fencing 7-12 years</b> 6:30-7:15			<b>Stay Sharp Basketball 6-8yrs</b> 5:00-6:00  <b>Indoor Batting Practice 7-12yrs</b> 6:05pm - 6:50pm	<b>United Foot Skills Clinic</b> 5:00-6:00  <b>Girls Running Club 7-12yrs</b> 5:30-6:30



### Private Coaching Clinics (7-12 years)

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*Choose from 1, 3, 5 or 7 week packages.*

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# TUESDAY

**FALL 2017**  
ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	YELLOW ROOM	74 JOY	BOSTON COMMON	TERSF
<b>Jumping Jacks Gym</b> 1-3yrs 9:15-10:00 10:15-11:00 <b>Jumpin' Tots 10-18mos</b> 11:15-12:00	<b>Hands-On Art &amp; Self Expression</b> 19mos-3yrs 9:15-10:00 <b>Toddler ArtVenture</b> 19mos-3yrs 10:15-11:00 <b>Paint by Letter</b> 2-3yrs 11:15-12:00	<b>Little Groove Music</b> 3 mos-4yrs 9:15-10:00 10:15-11:00 11:15-12:00 12:15-1:00				
<b>Beginner Karate</b> 5-6yrs 3:30-4:15 <b>Intermediate Karate</b> 7-12yrs 4:30-5:15	<b>Art Travelers</b> 4-5yrs 3:30-4:15 <b>Families Create Together</b> 18mos-3yrs 4:30-5:15	<b>Open Playgroup</b> 6mos-4yrs 1:00-3:00 <i>Drop-in program.</i> <b>Family Yoga</b> 5-7yrs 4:15-5:00	<b>Storybook STEM</b> 3-5yrs 3:30-4:15 <b>STEM Scientists</b> 6-9yrs 4:30-5:15	<b>Tap &amp; Tumbling</b> 3-4yrs 3:30-4:15 <b>Terrific Tappers</b> 4-6yrs 4:15-5:15	<b>NEW Fun Fall Fitness</b> 3-5yrs 2:00-2:45 <b>Tennis Club</b> 6-9 & 10-12yrs 4:00 - 5:00 5:00 - 6:00	<b>Half Kick Soccer</b> 3-4.5yrs 4:00-4:45



		<b>Girls Running Club</b> 8-12yrs 5:30pm - 6:30pm	<b>U6 Soccer Practice</b> 4.5-5yrs 5:00-5:50 <i>Games on Saturday mornings</i> <b>U8 Girls Soccer Practice</b> 6-7yrs 5:15-6:15 <i>Games on Saturday mornings</i>
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# WEDNESDAY

**FALL 2017**  
ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	74 JOY	BOSTON COMMON	TERSF
<b>Jumping Jacks Gym 1-3yrs</b> 9:15-10:00 10:15-11:00 11:15-12:00	<b>Beyond the Paintbrush</b> 12mos-3yrs 9:15-10:00 10:15-11:00  <b>Scribble &amp; Squish</b> 12-24mos 11:15-12:00	<b>New Parents' Playgroup</b> 4-10mos 11:30-12:30			
<b>Musical Theatre &amp; Arts Combo 6-9yrs</b> Musical Theatre: 4:00-4:45 Art: 4:45-5:30	<b>Art of Cooking 3-5yrs</b> 3:30-4:30	<b>Open Playgroup</b> 6mos-4yrs 1:00-3:00 <i>Drop-in program</i>	<b>Bitty Basketball 3-5yrs</b> 3:30-4:15  <b>Storybook Ballet 4-6yrs</b> 4:15-5:00	<b>Born to Play Baseball 3-5yrs</b> 1:30-2:15  <b>Born to Play Baseball 3-5yrs</b> 2:15-3:00	<b>Intro to Flag Football 5-7yrs</b> 4:30-5:15
		<b>Starlight, Starbright</b> 6mos-18mos 6:00-6:45	<b>Intro to Tap 5-8yrs</b> 5:00-5:30  <b>Intro to Jazz 5-8yrs</b> 5:30-6:00		<b>Half Kick Soccer 3-4.5yrs</b> 5:15-6:00  <b>U10 Boys Soccer Practice 8-9yrs</b> 5:15-6:15 <i>Games on Saturday mornings</i>  <b>U13 Boys Soccer Practice 10-12yrs</b> 5:15-6:15 <i>Games on Saturday mornings</i>

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# THURSDAY

**FALL 2017**  
ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	KITCHEN	74 JOY STREET	CHARLESTOWN	BOSTON COMMON	TERSF
<b>Jumping Jacks Gym</b> 1-3yrs 9:15-10:00 10:15-11:00 11:15-12:00	<b>Art for the Toddler Heart</b> 19mos-3yrs 9:15-10:00  <b>Scribble &amp; Squish</b> 12-24mos 10:15-11:00  <b>Art for the Toddler Heart</b> 19mos-3yrs 11:15-12:00						
	<b>Art of Cooking</b> 3-5yrs 1:00-2:00  <b>Cozy Crafts</b> 6-8yrs 4:30-5:15 <i>5 week program, starts September 7</i>  <b>Time to Clay</b> 6-8yrs 4:30-5:15 <i>5 week program, starts October 12</i>	<b>Members-Only Playgroup</b> 6 mos-4yrs 12:30 to 2:30 <i>Drop-in program.</i>  <b>NEW Hindi at Hill House</b> 2-6 yrs 5:00-5:45	<b>Cocinar con Amigos</b> 4-6yrs 4:00-5:00	<b>Steps &amp; Stories</b> 3-4yrs 3:30-4:15  <b>Storybook Ballet</b> 4-6yrs 4:30-5:15	<b>Tiny Tennis</b> 4-5yrs 2:30-3:15	<b>Half Kick Soccer</b> 3-4.5yrs 2:00-2:45 3:00-3:45	

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**NEW Fall Ball**  
- Baseball 8-12 yrs  
5:30-6:30

**U8 Boys Soccer Practice** 6-7yrs  
5:15-6:15  
*Games on Saturday mornings*

**U11 Girls Soccer Practice** 8-10yrs  
5:15-6:15  
*Games on Saturday mornings*

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# FRIDAY

**FALL 2017**  
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MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	FAMILY FUN	TERSF	BOSTON COMMON
<p><b>Total Body Strength 50yrs+</b> 8:00-9:00</p> <p><b>Tumble Time 2-4yrs</b> 9:30-10:15 10:30-11:15</p>	<p><b>Mundo de Colores</b> 12mos-3yrs 9:15-10:00</p> <p><b>Toddler Art Creations</b> 19mos-3yrs 10:15-11:00</p> <p><b>Little Hands Create Art</b> 12-18mos 11:15-12:00</p>	<p><b>Little Groove Music</b> 3mos-4yrs 9:15-10:00 10:15-11:00 11:15-12:00</p>			
	<p><b>Open Art 1-4yrs</b> 12:00-2:00 <i>Drop-in program for members ONLY.</i></p>				<p><b>Born to Play Baseball 3-5yrs</b> 1:30-2:15</p> <p><b>Born to Play Baseball 3-5yrs</b> 3:30-4:15</p> <p><b>Advanced Born to Play Baseball 5-7yrs</b> 4:15-5:00</p>
			<p><b>Friday Night Out</b> 6:15-9:15 <i>Sept 22, Oct 20, and Nov 17</i></p> <p><b>Tween &amp; Teen Event 11-14yrs</b> 7:30-9:30 <i>Dates TBA at Joy Street</i></p>	<p><b>United Soccer Practice</b> 5:30-7:00</p>	<p><b>Flag Football 7-12yrs</b> 5:15-6:30</p>



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# WEEKEND

**FALL 2017**  
ATHLETIC AND PROGRAM GUIDE

## SATURDAY

### TERSF

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

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

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

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

**U10 Boys Soccer Games 8-9yrs**  
9:30 and 10:30  
*Practices on Wednesdays*

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

**U13 Boys Soccer Games 10-12yrs**  
9:30  
*Practices on Wednesdays*

### 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](http://bays.org) to view travel schedules.*

Practices on Fridays

### FIREHOUSE

### Craft Workshops 6-9yrs

1:00-2:00  
*Dates TBA*



## SUNDAY

### FIREHOUSE

**Dads & Donuts**  
10:00-12:00  
*October 22*

**Superhero Social 2-8yrs**  
11:00-1:00  
*October 1*

### TERSF

**Intro to Girls Lacrosse 5-10yrs**  
2:30-4:00

*Sign up for our 5-7 or 8-10yrs group.*

**Intro to Boys Lacrosse 5-10yrs**  
2:30-4:00

*Sign up for our 5-7 or 8-10yrs group.*

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# PROGRAM DESCRIPTIONS

FALL 2017  
ATHLETIC AND PROGRAM GUIDE

**NOTE:** Participants must meet a program's minimum age requirement by September 1, 2017.

## ART

### Art for the Toddler Heart (19 years)

Mondays | 10:15  
Thursdays | 9:15 and 11:15

Get ready to hop into art-making with both feet! In this class, toddlers will practice a variety of techniques while learning decision-making skills and observation skills. Projects connect with the knowledge of the outside world that toddlers are beginning to explore! Creative, hands-on activities will develop coordination, fine motor skills, sequencing and arranging abilities as we work with a variety of colors, shapes and textures.

### Art Travelers (3-5 years)

Tuesdays | 3:30

Curious about other countries and dying to make structures like the Eiffel Tower? Introduce your little one to different cultures and art through fun and messy activities! Join us in the art room to discover the different styles, techniques and places of Europe. Focusing mainly on Venice and Paris, we will use watercolors as we explore the Venetian canals, make sculptures that mimic famous buildings and use oil pastels as we learn how to sketch skylines of far-away spaces. Please note: this is a drop-off class. All participants must be potty-trained.

### Beyond the Paintbrush (12 months-3 years)

Wednesdays | 9:15 and 10:15

Join us on an exciting and artistic journey as we discover different ways of painting with all kinds of "paint"! We will get wildly creative with household objects; sandpaper, rubber bands, straws, bubbles, balloons and even our feet! Students will observe how colors blend and textures are created, producing beautiful, abstract works. This class encourages invention, exploration and creative thought.

### Cozy Crafts (6-8 years)

Thursdays | 4:30

This five week workshop will focus on making all sorts of crafts! Our students will use yarn to practice sewing patterns into plates along with basic technique. They will weave their own jewelry from a variety of materials as well as work with felt to create monstrously cute creatures. Through these projects, students will be encouraged to be creative and imaginative while expressing their own personality. Participants will take home all crafts at the end of the five week session. Sign up to "Time to Clay" for the second half of the fall season at this time!

### Families Create Together (18 months-3 years)

Tuesdays | 4:30

While the aim of the art room is to build community, this class will strive to encourage siblings to learn about their creativity in the same environment! Families will work on projects together, creating lasting bonds. Little artists will explore hands-on multiple stations in the art room and work together to learn about the blending of colors, feel of different textures and the process needed to create beautiful works of art.

### Hands-On Art & Self-Expression (19 months-3 years)

Tuesdays | 9:15

One of the most intriguing ways that youngsters express themselves is through art. As children draw, paint and make collages, they are learning about the world. Art can give toddlers a sense of color coordination and spatial relationships. Art provides another much needed outlet for budding young minds, and in this class our kiddos will express themselves through the use of different materials and techniques. Join us in the art room as we use a rainbow of colors, clay, paint, paste and so much more to pique your child's curiosity and creativity in this exciting multimedia program.

### 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 | 12:00-2:00

*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!

### Little Hands Create Art (12-18 months)

Fridays | 11:15

This art class encourages messy sensory exploration! Sing along with your instructor while splashing in the water table, arranging shapes on the light table or running car wheels through paint. A balance of free play and teacher-directed projects introduces children to the "process" of creating art, enhancing their own creativity and keeping them learning as they touch, move, and listen to all that this Reggio Emilia-inspired classroom has to offer.

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# PROGRAM DESCRIPTIONS

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## Paint by Letter (2-3 year olds)

Tuesdays | 11:15

This class will encourage your artist's creativity with the use of some of their favorite books! Each session will focus on a different letter, and use a series of different books to help your little one to recognize how to form those letters. Through a variety of fun and messy art techniques, your little one will master the alphabet in no time! We'll use Dr. Seuss' *The Lorax* to learn the angles of the letter L, round the curves of the letter B in Eric Carle's *Brown Bear, Brown Bear, What Do You See?* and see how all of the letters interact with *Chicka Chicka Boom Boom*.

## Scribble & Squish (12-27 months)

Monday | 11:15

Wednesday | 11:15

Thursday 10:15

Wonderful, hands-on, messy art! Children and caregivers will experiment with a variety of mediums and materials. This class serves as a strong outlet for sensory, attention span and social skill development and focuses on the process of making art. Plus- participants will have lots of fun exploring substances and colors and all the squishy, gooey-messy stuff kids love to get their hands on. Come ready to create!

## Time to Clay (5-7 year olds)

Thursdays | 4:30

This five week 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.

## Toddler Art Creations (19 months-3 years)

Fridays | 10:15

Join us in the art room for a class that will challenge your child to expand their creativity and imagination. Your toddler will create basic sculptures to help refine their motor skills and arrange shapes on the light table to give a better understanding of sequencing. They will also use markers on different materials to learn about textures and, of course, experience the messy fun of choosing their favorite colors to put the final touches on their very own art projects.

## Toddler ArtVenture (19 months-3 years)

Tuesdays | 10:15

Toddlers are bursting with creativity and we are here to help them channel it! Using stimulating and entertaining activities that will allow them to explore all areas of the art room, your child will further expand their understanding of the process of art. As your artist begins to refine their fine motor-skills at the art table and use markers on different materials to observe the varying results, they will go on their own art adventure! In this class we also encourage a sense community within the classroom to encourage them to make new friends and discover the importance of collaborating with their peers.

## BASEBALL

### Born to Play Baseball (3-5 years)

Wednesdays | 1:30 and 2:15 Fridays | 1:30 and 3:30

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

### Advanced Born to Play Baseball (5-7 years)

Fridays | 4:15

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

### Indoor Batting Practice (7-12 years)

Mondays | 6:05

Normally during the off-season, any of our passionate players may need to travel well outside the city to find a suitable indoor batting cage for baseball activities. This class, however, allows our athletes to stay in 'baseball shape' by taking advantage of Hill House's own exclusive cage set-up in our Joy St gym. With a tunnel net and other specialized baseball equipment, players can keep their fundamentals sharp with our lead baseball instructors throughout the fall.

### Fall Ball - Baseball (8-12 years) **NEW**

Thursdays | 5:30 - 6:30

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. With the ability to move to our indoor cage at Joy St. as well, 'Fall Ball' will be run by our main Little League instructors who will cover fundamental drills before we finish with pick-up style scrimmages. Players will stay fresh while developing their skills even further given the expanded capabilities we will have being outdoors on a diamond.



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# PROGRAM DESCRIPTIONS

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## BASKETBALL

### Bitty Basketball (3-5 years)

Mondays | 3:30 and 4:15

Wednesdays | 3:30

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

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

Mondays | 5:00 – 6:00

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

## CHESS

### Chess I & II (6-12 years)

Mondays | 4:45-5:45

This course is an introduction to the rules and general play of the game of chess. Participants will learn basics and fundamental strategies. Level dependent, they will have the chance to play games against other students. By the end of the semester, players will have the knowledge to fully enjoy the game of chess!

## COOKING

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

Wednesdays | 3:30-4:30    Thursdays | 1:00-2:00

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 | 4:00-5:00

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. Description also found in the Foreign Language offerings.

## DANCE

### Intro to Jazz (5-8 years)

Wednesdays | 5:30-6:00

Jazz dance is an amazing and high-energy art form full of fun! Students will learn the core dance steps and technique that make up the foundation of jazz, including leaps, chasses, kicks, pivot turns, jazz squares and ball

changes. They will also learning to incorporate various rhythms, right and left variation, vocabulary, body coordination, spatial awareness, movement dynamics and creative expression. Students will learn to dance with tons of energy and will enjoy upbeat and age-appropriate music!

### Intro to Tap (5-8 years)

Wednesdays | 5:00-5:30

Come make yourself heard with tap dance! Students will learn the basics of this truly American art form. They will be introduced to the essential building block steps of tap as well as rhythm, movement patterns, right and left variation, sound quality, vocabulary and body awareness. Tap dance is a fun way to blend movement and coordination with rhythm and musicality, and it is great exercise for both body and mind!

### Steps and Stories (3&4 year olds)

Thursdays | 3:30

Build your dancer's coordination and knowledge of ballet with this sweet new ballet class for three year olds! Stories and games will be used to encourage your bitty ballerina's imagination as they learn some ballet basics and encourage socialization creative play at this young age. Please note: This is a drop-off class in which tutu's are welcome but not required. All participants must be potty trained.

### Storybook Ballet (4-6 years)

Wednesdays | 4:15

Thursdays | 4:30

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

### Tap & Tumbling (3&4 years)

Tuesdays: 3:30

This class introduces our youngest dancers to the tap & tumbling world while having fun in a relaxed atmosphere. This 45 minute drop-off class for your tiny three year old dancer will be split into tap first and tumbling just behind, with a much needed five minute shoe-changing break in the middle. Tappers will learn to recognize rhythm and explore how to find their inner beat with the aid of imaginative games and songs and tumblers will use the mats to roll skip and jump. Please note: This is a drop-off class. All participants must be potty trained.

### Terrific Tappers (4-5 years)

Tuesdays: 4:30

Terrific tappers will get your child moving as they learn new steps and delight in the sounds that come with them. Dancers will expand their creativity as they learn tap technique, progressions, turns and tap combinations. Dancers will groove along to age-appropriate music chosen to encourage their creativity and rhythm in this drop-off class.

## REGISTRATION

Opens May 30 for members,  
June 1 for non-members.  
hillhouseboston.org

## PROGRAMS START

the week of September 4.



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# PROGRAM DESCRIPTIONS

FALL 2017  
ATHLETIC AND PROGRAM GUIDE

## EARLY PARENTING

### New Parents Play Group (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! 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.

### Starlight, Starbright (6-18 months)

Wednesdays | 6:00

Little ones are welcome to wear pajamas to this evening session as we use music to channel our energy into the bedtime hour. This child-centered curriculum supports the adult-child bond and includes songs, stories, creative movement, flashlight play, bubbles, puppets and more. This class includes imaginative play with flashlights and bubbles. They will peacefully finish the evening with bedtime stories and make wishes on glowing stars. Sweet dreams to follow.

## 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 bout-ing: practicing with electrical fencing equipment. This practice will allow fellow students to learn score-keeping and refereeing. If students consistently continue with this program, they will have the chance to compete in a fencing tournament that follows the US Fencing guidelines.

## FAMILY FUN

### Dads & Donuts

Sunday, October 22 | 10:00-12:00

Join us for a morning of donuts and coffee (while supplies last) and play with all of 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!

### Friday Night Out (3-10 years)

September 22, October 17 and November 18  
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!

### Superhero Social

September 25 | 11:00-1:00

Kaboom! Pow! Calling all Superheroes! Come dressed as your favorite Superhero and ready to use your special powers during a Sunday full of art, games and socializing! Parents and children are welcome to enjoy refreshments and activities while bonding with each other and getting to know other families in the area. See you at the Firehouse in a flash!

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

Friday Date TBA | 7:30-9:30

Tweens and teens 11-14 years old are invited to join us back in the neighborhood from 7:30 to 9:30 pm. Check back in with us on more details of the event coming soon!

## FITNESS FOR ADULTS

### Total Body Strength (50+ years)

Mondays & Fridays | 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

### Intro to Flag Football (5-7 years)

Wednesday | 4:30

This class 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.

### Flag Football (7-12 years)

Fridays | 5:15-6:30

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

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# PROGRAM DESCRIPTIONS

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ATHLETIC AND PROGRAM GUIDE

## 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. Description also found in the Foreign Language offerings.

### New! Hindi at Hill House (2-6 years)

Thursdays | 5:00

The objective of this class is to foster a love for the Hindi language and for South Asian culture. The class will focus on conversational Hindi. Our knowledgeable instructor will teach using a multi-sensorial approach (involving stories, music, art and movement). Each class will have a theme and the children will learn words and sentences around that theme.

### 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.

### 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.

## KARATE

### Kiddie Karate (3-4 years)

Mondays | 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.

### Beginner Karate (5-6 years)

Mondays | 4:30

Tuesdays | 3:30

Beginner Karate focuses on rule-play and trusting that three basic rules will ensure a safe martial arts experience! Children will learn the most basic dojo (training hall) etiquette: how to bow and how to listen with their eyes. Attentive practice will keep students aware of their surroundings and fellow students as they begin to learn the basics of sparring in relation to defending themselves. Raising their hand to speak, or demonstrating the Statue of Liberty, gives them a lot of power and a voice in the class.

### Intermediate Karate (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.

## LACROSSE

### Intro to Lacrosse (5-10 years)

Girls, Sundays | 2:30-4:00

Boys, Sundays | 2:30-4:00

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

## MEMBERS ONLY

### Member-Only Playgroup (6 months-4 years)

Thursdays | 12:30-2:30

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 | 2:00-4:00

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!

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## 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? 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 years-Adult)

*Spaces may be available | Call Tori Frappolli at 617 227 5838 ext. 14 to inquire about availability.*

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

## PLAYGROUP

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

Mondays | 11:30 and 12:15

Tuesdays | 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 | 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!

## SOCCER

### Half Kick Soccer (3-4.5 years)

Mondays | 1:30 and 2:15

Tuesday | 4:00

Wednesday | 5:15

Thursdays | 2:00 and 3:00

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

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

### Hill House United (Grades 3-6)

Friday practices | 5:30-7:00

*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 [mcaldere@hillhouseboston.org](mailto:mcaldere@hillhouseboston.org) to learn more.

### Hill House In-House Soccer Leagues

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

### U6 Soccer Clinic (4.5-5 years)

Practices on Tuesdays | 5:00-5:50

Games on Saturdays | 8:30 & 9:30

U6 players will be assigned to coed teams with practice on Tuesday afternoons at 5:00 pm and play games on Saturday mornings (game schedules listed on the soccer page of the Hill House website). The curriculum emphasizes fun and learning new skills through games. Develop each week as we play mini games each weekend.

### U8 Soccer (6-7 years)

Boys practice on Thursday | 5:15-6:15

Girls practice on Tuesday | 5:15-6:15

Games on Saturdays | 11:30, 12:30 & 1:30

Games on Saturdays | 9:30 & 10:30

U8 players will be divided into teams based on age and gender. Participants will practice at 5:15 pm and play games on Saturdays (game schedules listed on the soccer page of the Hill House website). Throughout the season, all areas of individual skill will be worked on as well and developing teamwork and strategy.

### U10 Boys' Soccer (8-9 years)

Practice on Wednesdays | 5:15-6:15

Games on Saturdays | 9:30, 10:30

Develop your soccer player's skills though age and ability specified coaching. Players will learn both individual skills and team concepts during practice and the meet to compete for the championship though weekly games on Saturday mornings.

### U11 Girls' Soccer (8-10 years)

Practice on Thursdays | 5:15-6:15

Games on Saturdays | 8:30

U11 players will be divided into teams and coached by Hill House coaches and volunteers. They specially designed curriculum will target all the skills and development needed for players of this age. Coaching will ensure that fun, enjoyment and teamwork are emphasized just as much as skills and drills.

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# PROGRAM DESCRIPTIONS

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ATHLETIC AND PROGRAM GUIDE

## U13 Boys' Soccer (10-12 years)

Practice on Wednesdays | 5:15-6:15  
Games on Saturdays | 9:30

Develop your soccer skills with our senior coaches. Through varying game formats this progressive program will work on 3v3, 4v4, 7v7 and 11v11 games and drills to develop different aspects of a player's skill. Mixing small sided and 11v11 concepts will quickly progress a player's education as an individual and a team player.

## RUNNING

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

Mondays | 5:30-6:30  
Tuesdays | 5:30-6:30 (8-12yrs only)

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.

## SPORTS & MOVEMENT

### New! Fun Fall Fitness (3-5 years)

Tuesdays | 2:00

This clinic will strengthen basic athletic skills without focusing on one particular sport. Through fun obstacle courses and activities, athletes will develop speed, agility, balance and strength. If your child enjoys running, jumping and being active then this new class is for you!

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

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

Mondays | 3:30

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

### Storybook STEM (3-5 years)

Tuesday | 3:30

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

## STEM Scientists (6-9 years)

Tuesday | 4:30

Explore, in a scientific manner, issues from around the world and work on solutions through fun and thought provoking experiments. Using a mixture of STEM practices, children will work together to build skills, think broadly and enjoy solving problems. The real world aspects will open children's horizons to global thinking.

## TENNIS

### Tiny Tennis (4-5 years)

Thursdays | 2:30

Join us under the bubble on the tennis courts in Charlestown this winter and stay active through the cold months! Tennis sessions will include fun, patient instructions covering basic tennis skills in coordination with the USTA Quick Start Program. Stroke production, on-court skills, fitness and tennis education will all be covered in an upbeat, drill-based environment. Racquets are available on-site for proper fitting.

### Tennis Club (6-13 years)

Tuesday | 4:00 and 5:00

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 fall, which will develop each player's "love" for tennis.



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## THEATRE

### Musical Theatre & Arts Combo (6-9 years)

Wednesdays | 4:00-5:30

Explore the art of musical theatre along with set and costume design! The first part of this class will be spent in our Performance Hall (the Main Assembly Room, of course!) learning lines and songs, blocking and choreography. Next, participants will travel up to the art room, where they'll work to create backdrops, props, and other inspired works of art to complement their theatrical work. This class culminates in a final performance worthy of a Tony Award!

## TUMBLING & MOVEMENT

### Jumping Jacks Gym (1-3 years)

Tuesdays | 9:15 and 10:15

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.

### Jumpin' Tots (10-18 months)

Tuesdays | 11:15

Is your little one already on the move? Introduce them to our gym programs with this class geared toward new movers and balance-improvers. Navigate some of our low-lying gym equipment to instill confidence in their movement as they make their way up our wedge shapes and continue working on their balance as they wind their way through the different obstacles set up to improve their coordination—all while using the safety of the mats to catch them in an uncertain moment. Play games to encourage stretching, scramble under the parachute and sing songs with your instructor while winding the way through our age-appropriate obstacle courses!

### 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.

## YOGA

### Family Yoga (5-7 years)

Tuesdays | 4:15

Your instructor will lead this playful exploration of movement, songs and stories in which children will enjoy the benefits of yoga in a fun and age-appropriate way. Each week will include silly stretchy warm ups, yoga games, fun breathing activities and close with a story whose content reflects kindness towards ourselves and others. Giving children the gift of body awareness and a physical practice that requires no props or equipment is why parents love yoga for children. Kids just think it's fun. Although this is a drop off class, the instructor is a certified adult yoga instructor and is happy to include adults in the practice.

.....  
*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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FALL 2017

# 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, x10

**EMAIL** [vfrappolli@hillhouseboston.org](mailto:vfrappolli@hillhouseboston.org)

**VISIT** [hillhouseboston.org](http://hillhouseboston.org)

## QUESTIONS?

**Lauren Hoops-Schmieg**, *Executive Director*  
[lschmieg@hillhouseboston.org](mailto:lschmieg@hillhouseboston.org) x18

**Meredith Adamczyk**,  
*Director of Development & Marketing*  
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**Sam Renshaw**, *Program Director*  
[srenshaw@hillhouseboston.org](mailto:srenshaw@hillhouseboston.org) x11

**Marshall Caldera**,  
*Senior Athletics Coordinator*  
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**Patty Kennedy**, *Finance Manager*  
[pkennedy@hillhouseboston.org](mailto:pkennedy@hillhouseboston.org) x12

*General program inquiries*

**Tori Frappolli**, *Program Coordinator*  
[vfrappolli@hillhouseboston.org](mailto:vfrappolli@hillhouseboston.org) x14



## This Season At-a-Glance

May 30: Fall Registration opens for members

June 1: Fall registration opens  
for non-members

September 5: Fall Programs begin

September 22: Friday Night Out

October 1: Superhero Social

October 7-9: Closed for Columbus Day

October 20: Friday Night Out

October 22: Dads and Donuts

October 26: Kids' Halloween Party

November 17: Friday Night Out

November 23-24: Closed for Thanksgiving

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