

# SPRING 2023

## ATHLETICS & PROGRAM GUIDE



### REGISTRATION OPENS:

February 7 for members,  
February 9 for non-members

### PROGRAMS START:

Week of March 13



127 Mount Vernon St.  
Boston, MA 02108  
617-227-5838


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





# MONDAY

SPRING  
2023

MAIN ASSEMBLY	ART ROOM	CLASSROOM	YELLOW ROOM	74 JOY	BOSTON COMMON
<b>Jumping Jacks Gym (1-3 yrs)</b> 10:15-11:00 11:15-12:00	<b>Mundo de Colores (1-3 yrs)</b> 9:15-10:00	<b>ABC Spanish in Motion (0-5 yrs)</b> 9:30-10:15 10:30-11:15			
<b>Open Playgroup (1-5 yrs)</b> 12:00-1:00  <b>Beginner Epee Fencing (5-12 yrs)</b> 5:15-5:55	<b>Preschool Picasso (3-5 yrs)</b> 3:30-4:15  <b>Science Explorers (3-5 yrs)</b> 4:30-5:15	<b>Music Together (0-5 yrs)</b> 3:00-3:45	<b>Video Game Design (7-12 yrs)</b> 4:30-5:30  <b>Minecraft (7-12 yrs)</b> 5:30-6:30	<b>Bitty Basketball (3-5 yrs)</b> 4:00-4:40  <b>6U Basketball Clinics (5-6 yrs)</b> 4:45-5:25	<b>Half Kick Soccer (3-5 yrs)</b> 1:30-2:15  <b>Tennis Club (3-5 yrs)</b> 3:00-3:45  <b>Born to Play Baseball (3-5 yrs)</b> 3:00-3:45  <b>Tennis Club (5-6 yrs)</b> 3:45-4:30  <b>United Soccer Academy (2nd graders)</b> 4:00-5:00
<b>Intermediate Foil Fencing (5-12 yrs)</b> 6:00-6:40  <b>Advanced Intermediate Foil Fencing (7-12 yrs)</b> 6:45-7:30				<b>8U Basketball Clinics (7-8 yrs)</b> 5:30-6:10	<b>United Soccer Footskills Clinics (8-12 yrs)</b> 4:00-5:00  <b>Tennis Club (Beginner 6-12 yrs)</b> 4:30-5:15  <b>Tennis Club (Advanced 7-12 yrs)</b> 5:15-6:00  <b>Majors Baseball (11-13 yrs)</b> 5:00-7:00

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# TUESDAY

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MAIN ASSEMBLY	ART ROOM	CLASSROOM	74 JOY	BOSTON COMMON	TERSF
<b>Jumping Jacks Gym (1-3 yrs)</b> 9:15-10:00 10:15-11:00 11:15-12:00	<b>Sensory Play (1-3 yrs)</b> 9:15-10:00 <b>Paint &amp; Play (1-3 yrs)</b> 10:15-11:00 <b>Art in Nature (1-3 yrs)</b> 11:15-12:00	<b>Little Groove Music (3mo-4 yrs)</b> 9:30-10:10 10:15-10:55 11:00-11:40			
	<b>Open Art (1-5 yrs)</b> 1:00-3:00 <b>Preschool Picasso (3-5 yrs)</b> 3:30-4:15 <b>Clay Creations (3-5 yrs)</b> 4:30-5:15	<b>Art &amp; STEM (3-5 yrs)</b> 3:00-3:45 <b>Stuffed Animal Art (5-7 yrs)</b> 4:15-5:00	<b>Kiddie Karate (3-5 yrs)</b> 4:30-5:10	<b>Superhero Multi-Sports (3-5 yrs)</b> 1:30-2:15 <b>Little Lacrosse (3-5 yrs)</b> 3:00-3:45 <b>Tennis Club (3-5 yrs)</b> 3:00-3:45 <b>Tennis Club (5-6 yrs)</b> 3:45-4:30 <b>Tennis Club (Beginner 6-12 yrs)</b> 4:30-5:15	<b>Red Sox Rookie League (4 yrs)</b> 4:15-5:00
	<b>Jewelry Making (6-9 yrs)</b> 5:15-6:00	<b>Musical Theater &amp; Arts (6-9 yrs)</b> 5:15-6:45	<b>Kiddie Karate (3-5 yrs)</b> 5:15-5:55 <b>Beginner Karate (6-8 yrs)</b> 6:00-6:40 <b>Intermediate Karate (8-10 yrs)</b> 6:45-7:30	<b>Girls Running Club (6-12 yrs)</b> 5:00-6:00 <b>Tennis Club (Advanced 7-12 yrs)</b> 5:15-6:00	<b>Tee Ball (5-6 yrs)</b> 5:15-6:00

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# WEDNESDAY

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MAIN ASSEMBLY	ART ROOM	CLASSROOM	YELLOW ROOM	KITCHEN	74 JOY	BOSTON COMMON	TERSF
<b>Jumping Jacks Gym (1-3 yrs)</b> 9:15-10:00 10:15-11:00 11:15-12:00							
<b>Open Playgroup (1-5 yrs)</b> 12:00-1:00	<b>Storybook STEM (3-5 yrs)</b> 3:30-4:15		<b>Buildwave (5-12 yrs)</b> 4:15-5:00	<b>Art of Cooking II (6-9 yrs)</b> 4:30-5:15	<b>Bitty Basketball (3-5 yrs)</b> 3:00-3:40 3:45-4:25 <b>Toddler Storybook Ballet (3-5 yrs)</b> 4:30-5:15	<b>Half Kick Soccer (3-5 yrs)</b> 1:30-2:15 <b>Tennis Club (3-5 yrs)</b> 3:00-3:45 <b>Born to Play Baseball (3-5 yrs)</b> 3:00-3:45 <b>Tennis Club (5-6 yrs)</b> 3:45-4:30 <b>Tennis Club (Beginner 6-12 yrs)</b> 4:30-5:15	<b>Beginner Field Hockey (6-8 yrs)</b> 4:30-5:30
							
		<b>Improv (6-9 yrs)</b> 5:00-6:00	<b>Buildwave (5-12 yrs)</b> 5:15-6:00	<b>Art of Cooking II (6-9 yrs)</b> 5:30-6:15 <b>Advanced Art of Cooking (8-12 yrs)</b> 6:30-7:15	<b>Storybook Ballet (5-7 yrs)</b> 5:30-6:15	<b>Tennis Club (Advanced 7-12 yrs)</b> 5:15-6:00 <b>Majors Baseball (11-13 yrs)</b> 5:00-7:00	<b>Born to Play Baseball (3-5 yrs)</b> 5:00-5:45 <b>AAA Baseball (9-10 yrs)</b> 5:15-6:15 <b>Intermediate Field Hockey (9-12 yrs)</b> 5:30-6:30

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# THURSDAY

SPRING  
2023

MAIN ASSEMBLY	ART ROOM	CLASSROOM	KITCHEN	74 JOY	BOSTON COMMON
<b>Vamos a Saltar (1-3 yrs)</b> 9:15-10:00  <b>Jumping Jacks Gym (1-3 yrs)</b> 10:15-11:00 11:15-12:00  <b>Open Playgroup (1-5 yrs)</b> 12:00-1:00	<b>Sensory Play (1-3 yrs)</b> 9:15-10:00  <b>Paint &amp; Play (1-3 yrs)</b> 10:15-11:00  <b>Art in Nature (1-3 yrs)</b> 11:15-12:00  <b>Little Builders (3-5 yrs)</b> 3:30-4:15  <b>Fashion Design (5-7 yrs)</b> 4:15-5:00	<b>Crafts &amp; Games (3-5 yrs)</b> 3:00-3:45	<b>Cocinar con Amigos (5-7 yrs)</b> 4:30-5:15	<b>Kiddie Karate (3-5 yrs)</b> 4:30-5:10	<b>Superhero Multi-Sports (3-5 yrs)</b> 1:30-2:15  <b>Little Lacrosse (3-5 yrs)</b> 3:00-3:45  <b>Tennis Club (3-5 yrs)</b> 3:00-3:45  <b>Tennis Club (5-6 yrs)</b> 3:45-4:30  <b>Half Kick Soccer (3-5 yrs)</b> 3:45-4:30  <b>Tennis Club (Beginner 6-12 yrs)</b> 4:30-5:15  <b>6U Soccer Clinics (5-6 yrs)</b> 4:30-5:15
	<b>Tumble &amp; Cheer (6-10 yrs)</b> 6:15-7:00	<b>Intro to Acting (6-9 yrs)</b> 5:00-6:00	<b>Great Hill House Bake Off (6-8 yrs)</b> 6:15-7:00	<b>Kiddie Karate (3-5 yrs)</b> 5:15-5:55  <b>Beginner Karate (6-8 yrs)</b> 6:00-6:40  <b>Intermediate Karate (8-10 yrs)</b> 6:45-7:30	<b>Tennis Club (Advanced 7-12 yrs)</b> 5:15-6:00  <b>Girls AA Softball (6-8 yrs)</b> 5:15-6:15  <b>Girls AAA Softball (9-12 yrs)</b> 5:15-6:00
<b>Yarn &amp; Weaving (5-7 yrs)</b> 5:15-6:00					

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# FRIDAY

SPRING  
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MAIN ASSEMBLY	ART ROOM	CLASSROOM	BOSTON COMMON	TERSF
	<b>Mundo de Colores (1-3 yrs)</b> 9:15-10:00 <b>Paint &amp; Play (1-3 yrs)</b> 10:15-11:00 <b>Scribble &amp; Squish (1-3 yrs)</b> 11:15-12:00	<b>Little Groove Music (3mo-4 yrs)</b> 9:30-10:10 10:15-10:55 11:00-11:40		
<b>Ninja Warrior Training (3-5 yrs)</b> 1:30-2:10 3:00-3:40 <b>Get into Gymnastics (3-4 yrs)</b> 4:10-4:50	<b>Open Art (1-5 yrs)</b> 1:00-3:00 <b>Ocean Explorers (3-5 yrs)</b> 3:00-3:45 <b>Science Experiment Explorers (3-5 yrs)</b> 4:00-4:45	<b>Canta y Baila (0-5 yrs)</b> 3:00-3:45 <b>Chess Club (Beginner 5-7 yrs)</b> 4:15-5:00	<b>Half Kick Soccer (3-5 yrs)</b> 12:30-1:15 1:30-2:15	<b>AA Baseball (7-8 yrs)</b> 4:30-5:30
<b>Get into Gymnastics (5-6 yrs)</b> 5:00-5:40 <b>Gymnastics I (6-10 yrs)</b> 5:50-6:30		<b>Chess Club (Advanced 7-12 yrs)</b> 5:15-6:00		<b>Friday Flag Football (7-12 yrs)</b> 5:30-6:30 <b>United Soccer Practices (8-12 yrs)</b> 5:30-7:00



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# WEEKEND

SPRING  
2023

## SATURDAY

MAIN ASSEMBLY	ART ROOM	KITCHEN	BOSTON COMMON	TERSF
Get into Gymnastics (3-4 yrs) 9:00-9:40	Art of Cooking (3-5 yrs) 9:30-10:15	Art of Cooking II (5-9 yrs) 11:30-12:15	Majors Baseball (11-13 yrs) 9:00-11:00	AAA Baseball (9-10 yrs) 9:00-11:00
Get into Gymnastics (5-6 yrs) 9:50-10:30	Sing-along Nursery Rhyme Art (1-3 yrs) 10:30-11:15			Half Kick Soccer (3-5 yrs) 9:00-9:45 9:45-10:30 10:30-11:15 11:15-12:00
Gymnastics I (6-10 yrs) 10:40-11:20				T-Ball (5-6 yrs) 11:00-11:45
Gymnastics II (6-10 yrs) 11:30-12:10				AA baseball (7-8 yrs) 12-1pm



## SUNDAY

BOSTON COMMON	JOY ST
Born to Play Baseball (3-5 yrs) 9:30-10:15	
Little Lacrosse (3-5 yrs) 10:15-11:00	
Half Kick Soccer (3-5 yrs) 11:00-11:45	
Sunday Soccer (6-12 yrs) 12:00-1:00	Tennis Club (3-5 yrs) 12:00-12:45
Intro to Flag Football (4-6 yrs) 1:00-2:00	Tennis Club (Beginner 6-12 yrs) 1:00-1:45
NFL Flag Football Clinics (7-12 yrs) 2:00-3:00	Tennis Club (Advanced 7-12 yrs) 2:00-2:45
Beginner Lacrosse (5-7 yrs) 3:00-3:45	
Intermediate Lacrosse (7-12 yrs) 3:45-4:30	

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# PROGRAM DESCRIPTIONS

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

NOTE: Participants must meet a programs' minimum age requirement by the start of the program.

Schedule and programs are subject to change.

## ART

### Art & STEM (3-5 years)

Tuesdays | 3:00 pm

What better way to learn than through art! In this class we will be learning about STEM through the enjoyment of art. From reactive painting, building, to color experiments this class will not only be enjoyable for your child, but educational as well!

### Art in Nature (1-3 years)

Tuesdays, Thursday | 11:15 am

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

### Clay Creations (3-5 years)

Tuesdays | 4:30 pm

This class will encourage your young artist to expand their creativity and explore the world of clay making both practical and decorative art. These projects will encourage each student to bring their creativity to life in 3D! Get ready to mold some magic!

### Crafts & Games (3-5 years)

Thursdays | 3:00 pm

What's more fun than arts & crafts and playing some games while creating? Our staff are ready to lead you through exciting projects that will include utilizing different media – all while exploring ways to make different crafts. Mix in some other fun and game activities all within one session and you have a party!

### Fashion Design (5-7 years)

Thursdays | 4:15 pm

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

### Jewelry Making (6-9 years)

Tuesdays | 5:15 pm

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

### Little Builders (3-5 years)

Thursdays | 3:30 pm

Grab your curious creator and get ready to build some skills! This class will teach the importance of problem solving through various

materials. It will also be an introduction to 3D art and sculptures through fun projects.

### Mundo de Colores (1-3 years)

Mondays, Fridays | 9:15 am

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

### Ocean Explorers (3-5 years)

Fridays | 3:00 pm

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

### Paint & Play (1-3 years)

Tuesdays, Thursdays, Fridays | 10:15 am

Join us for a hands-on, messy class letting your child create and play through different types of art! They will interact with other children through dramatic and pretend play by using various textures, materials, and mediums. Come ready to explore the world of art!



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## Preschool Picasso (3-5 years)

Mondays, Tuesdays | 3:30 pm

Wade into 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. Participants will develop visual and fine motor skills, practice sequencing and arranging, and gain a more detailed awareness of colors, shapes, shades, and textures.

## Scribble & Squish (1-3 years)

Fridays | 11:15 am

Join us for a hands-on, messy class introducing your child to the world of art! Children will experiment with various materials and textures improving social skills, fine motor skills, and sensory development. Enjoy themed projects and activities every week including under the sea, transportation, and weather! Come ready to scribble, squeeze, and squish!

## Sensory Play (1-3 years)

Tuesdays, Thursdays | 9:15 am

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.

## Sing Along Nursery Rhyme Art (1-3 years)

Saturdays | 10:30 am

Explore art and singing in this exciting interactive class! Join us in creating props, puppets, and other pieces of art while learning everyone's favorite nursery rhymes!

## Stuffed Animal Art (5-7 years)

Tuesdays | 4:15 pm

This class is for students looking to learn how to create with a needle and thread as well as some basics of knitting with the ultimate goal of creating stuffed animals while gaining skills useful for other crafts too.

## Yarn & Weaving (5-7 years)

Thursdays | 5:15 pm

Come join us for Yarn & Weaving! This class is geared towards students who are curious to learn more about knitting, sewing, and crochet! Each participant will have the opportunity to practice their skills with an experienced instructor. They will explore various tools and techniques in this class. All skill levels are welcome.

## BASEBALL

*The baseball league is led by staff & volunteers.*

## AA Baseball – Coach Pitch (7-8 years)

Friday Practice Clinics | 4:30 pm

Saturday Games | 12:00 pm

After they have mastered the basics in T-Ball, our players move on to AA and coach pitching! Structured as an intermediate league—AA expands on the processes and rules of baseball at the next level, while refining hitter swings to the new challenge of hitting the pitched ball from our great group of staff coaches and volunteers. Clinic-based practices led by HH baseball instructors will also help cover making the routine plays in the fields, introducing all the positions in the field, and base-running principles. Players all receive a hat, jersey, and will be assigned to a team.

## AAA Baseball – Player Pitch (9-10 years)

Wednesday Practices | 5:15 pm

Saturday Games | 9:00 am

Now that they have gone through T-Ball and AA, our players are ready for our competitive AAA league. This league focuses on using the skills and fundamentals they have learned in the prior levels and applying them to formal games throughout a regular season schedule that finishes with a league playoff tournament. Players are challenged to learn the skills of pitching, catching, team defense, relays, cut-off principles, and more. Your player will love the bond they create with their team through a fun season, with the opportunity for call-up games with our Majors teams. Players all receive a hat, jersey, and will be assigned to a team.

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

Mondays | 3:00 pm

Wednesdays | 3:00 pm, 5:00 pm

Saturdays | 12:00 pm

Sundays | 9:30 am

Introduce your child to America's favorite pastime through this beloved Hill House class. Your future big leaguer will learn the fundamentals of baseball through fun games and activities. Our knowledgeable and supportive coaches will lead weekly sessions that cover the basics of hitting, throwing, fielding, and base running. Whether or not they have familiarity with baseball, this class promises to keep them active and smiling!



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### Girls AA Softball – Coach Pitch (6-8 years)

Thursdays | 5:15 pm

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

### Girls AAA Softball (9-12 years)

Thursdays | 5:15 pm

Join us for another year of Girls Softball! Building on the basic principles taught in AA, AAA Softball will offer girls the opportunity to learn their own sport with this next level offering. This will give girls their first exposure to hitting pitching from other players, team defense, and formal games. Clinic-based practices will be combined with games in one weeknight session.

### Hill House Majors Little League Baseball (11-13 years)

Mondays, Wednesdays | 5:00 pm

Saturdays | 9:00 am

After their long journey through the minor league levels, players are ready to play on the big diamonds in our Majors division! Run on the historic Boston Common fields in the middle of the city, this program is led by our top Little League instructors and baseball volunteers. Our teams will also compete against other leagues from surrounding neighborhoods.

### Red Sox Rookie League (4 years)

Tuesdays | 4:15 pm

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

### T-Ball (5-6 years)

Tuesday Practice Clinics | 5:15 pm

Saturday Games | 1:00 pm

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 | 4:00 pm

Wednesdays | 3:00 pm, 3:45 pm

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

### 6U Basketball Clinics (5-6 years)

Mondays | 4:45 pm

The 6U instruction-based clinics continue youngsters on the fundamentals of basketball in a fun, semi-competitive setting. The first three weeks will focus on skills, sportsmanship and the basics of the game then subsequent weeks include actual basketball games. Our instructors will

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

### 8U Basketball Clinics (7-8 years)

Mondays | 5:30 pm

If you count down the days until the start of Hill House's winter basketball season-- this is the ideal class for your player! Fun games, drills and scrimmage time will take your child's play to the next level, all with a smile on their face!

## CHESS

### Chess Club Beginner (5-7 years)

Fridays | 4:15 pm

This class 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!

### Chess Club Advanced (7-12 years)

Fridays | 5:15 pm

This class is geared towards students who already know chess basics. This class will concentrate on specific offensive and defensive strategies with less review of fundamentals. Students will be able to play each other as well as their instructor to practice their skills and learn.



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### COOKING

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

Saturdays | 9:30 am

Whether your child is interested in becoming a head chef or simply creating a delicious snack, the Art of Cooking II 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.

#### Art of Cooking II (6-9 years)

Wednesdays | 4:30 pm, 5:30 pm

Saturdays | 11:30 am

For the slightly older chef, this next level class will continue to inspire your little one's love of creation with food. Create tasty snacks and meals while also building on listening skills, following directions, and teamwork in the kitchen. Participants will work in a supportive and super fun atmosphere while learning to make favorites and new culinary treats. In addition to taking home their masterpieces, children will also create their own cookbooks to take home at the end of the semester.

#### Advanced Art of Cooking (8-12 years)

Wednesdays | 6:30 pm

Now we're cooking! Older kids who want to continue to learn and build on their love of creating amazing food, Advanced Art of Cooking is for them! Learn more difficult techniques under close supervision. Lots of fun, food, and laughs will be had for our

budding master chefs! Participants will work in a supportive and super fun atmosphere while learning to make favorites and new culinary treats. In addition to taking home their masterpieces, children will also create their own cookbooks to take home at the end of the semester.

#### Cocinar con Amigos (5-7 years)

Thursdays | 4:30 pm

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.

#### Great Hill House Bake Off (ages 6-8 years)

Thursdays | 6:15 pm

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

### DANCE

#### Storybook Ballet (5-7 years)

Wednesdays | 5:30 pm

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.



#### Toddler Storybook Ballet (3-5 years)

Wednesdays | 4:30 pm

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. Spark your little one's interest in dance at a young age! Please note: this is a drop-off class. All participants must be potty-trained.

### FENCING

#### Beginner Epee Fencing (5-12 years)

Mondays | 5:15-5:55 pm

Participants will be introduced to the rules of the sport, specifically the style of Epee Fencing. Instructors will demonstrate basic footwork, 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 Foil Fencing (5-12 years)

Mondays | 6:00-6:40 pm

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.

#### Advanced Intermediate Fencing (7-12 years)

Mondays | 6:45-7:30 pm

This program builds upon all beginner instruction and is most valuable when taken after the completion of one year of Beginner Fencing and the Intermediate Fencing courses. 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 boutings: 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.

**Registration Opens:** February 7 for members  
February 9 for non-members

**Indoor Programs Start:** The week of March 13



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



# PROGRAM DESCRIPTIONS

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

## SPRING 2023

### FIELD HOCKEY

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

Wednesdays | 4:30 pm (Beginner: 6-8 years)

Wednesdays | 5:30 pm (Intermediate: 9-12 years)

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

### FITNESS FUN & GYMNASTICS

#### Get into Gymnastics (3-4 years)

Fridays | 4:10-4:50 pm

Saturdays | 9:00-9:40 am

#### Get into Gymnastics (5-6 years)

Fridays | 5:00-5:40 pm

Saturdays | 9:50-10:30 am

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 this 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 I (6-9 years)

Fridays | 5:50-6:30 pm

Saturdays | 10:40-11:20 am

For those who are a bit older and looking to take a more advanced gymnastics class, join us in this class geared towards older gymnasts! By the end of the program your child will be able demonstrate a variety of gymnastic skills and have fun doing it!

#### Gymnastics II (7-10 years)

Saturdays | 11:30 am-12:10 pm

This next level of gymnastics is great for students who have participated in 'Get into Gymnastics' as well as 'Gymnastics I.' This class continues your gymnast's development by focusing on handstand walks, cartwheels, round offs, back hip circles, and more! Help enhance your child's strength, flexibility, and self-esteem in this fun and supportive class environment!

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

Mondays, Thursdays | 10:15 am, 11:15 am

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

Toddlers will be introduced to a play environment that encourages sharing, basic socialization, discovery, balancing, coordination, tumbling and hanging. Engaging gym and play equipment will aid toddlers in developing gross motor skills and an improved spatial awareness of their bodies as well as a love of physical activity and recreational play. Teacher led songs, games and parachute play will introduce structure, provide routine, and promote focus.

#### Ninja Warrior Training (3-5 years)

Fridays | 1:30 pm, 3:00 pm

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 each week to test our participants and help strengthen their ninja skills!

#### Superhero Multi-Sports (3-5 years)

Tuesdays, Thursdays | 1:30 pm

Become a superhero with Hill House! Each week players take on different sports and learn new superpowers. Whether they're learning super kicks to stop soccer villains, or blasting baseballs into outer space, players will be honing their powers and experiencing all our favorite sports here at Hill House. Give your future superhero a chance to find their favorite sport and keep that passion going with us for years to come.

#### Tumble & Cheer (6-10 years)

Thursdays | 6:15 pm

Join us for our new and exciting class at Hill House! This class will focus on skills for tumbling for cheerleading such as rolls,

dive rolls, walkovers, cartwheels, splits, and more! In addition to your child learning and improving their tumbling skills, they will have the opportunity to explore new cheers and choreographed dances! Welcoming all skill levels and abilities

### FOOTBALL

#### Friday Flag Football (7-12 years)

Fridays | 5:30 pm

End your week with some backyard flag football at Hill House! Work on honing your skills for next fall's Boston NFL Flag Football League, or jump in to begin learning the game in a fun and safe environment with our awesome Hill House athletics coaches.



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# SPRING 2023

## NFL Flag Football Clinics (7-12 years)

Sundays | 2:00 pm

Come sharpen your football skills for the Fall NFL Flag Football League with these Sunday clinics. Players will work on drill-based activities and hone in on football attributes that will be essential for games in the fall. Our sessions will spark their passion for the sport while growing their understanding of the game, as well as the importance of being a member of a team.

## FOREIGN LANGUAGE

### ABC Spanish in Motion (0-5 years)

Mondays | 9:30 am, 10:30 am

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 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. Games, songs, books, sign language, puppets, parachutes, and toys of class cultivate curiosity and will stimulate children in rewarding ways. This language adventure can take them for a ride on a train (parachute) through the countries of the Americas, or simply popping burbujitas (bubbles) in the bath top with patos (ducks) and ranas (frogs). If your child likes jumping, dancing, and singing this is the perfect class!

## Vamos a Saltar (1-3 years)

Thursdays | 9:15 am

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

## KARATE

### Beginner Karate (6-8 years)

Tuesdays, Thursdays | 6:00 pm

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 (8-10 years)

Tuesdays, Thursdays | 6:45 pm

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 (3-5 years)

Tuesdays, Thursdays | 4:30 pm, 5:15 pm

Preschool-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

### Beginner Lacrosse (5-7 years)

Sundays | 3:00 pm

Learn the basics of this fast-paced and fast-growing sport. Expert instruction will introduce children to basic skills and play fun games. Softer equipment and no contact allowed for skill building in a safe environment.

### Intermediate Lacrosse (7-12 years)

Sundays | 3:45 pm

Learn the next steps of this fast-paced and fast-growing sport. Expert instruction will introduce children to basic skills and play fun games. Softer equipment and no contact allowed for skill building in a safe environment.

### Little Lacrosse (3-5 years)

Tuesdays, Thursdays | 3:00 pm

Sundays | 10:15 am

Through energetic games and age-appropriate activities, participants will learn the basic fundamentals of Lacrosse. The primary goal of Little Lacrosse is to encourage further participation in Lacrosse by introducing the game in the most fun and engaging way possible.

## MUSIC

### Canta y Baila (0-5 years)

Fridays | 3:00 pm

Hill House is excited to have GroovyBabyMusic join us with their high-quality, research-based, music & movement program, Canta y Baila: Viva la Musica en Español! If you are either a native speaker or an enthusiastic learner, join us for this acclaimed Research-based Music & Movement class, combining music learning with language immersion! This class will be led by Certified teachers who are professional musicians & native speakers. Tuition includes Music Packet of Songbook, CD, Parent Guide outlining the research behind the program, and access to App for Downloads so you can rock out at home. To ensure the safety of our participants and instructors, it is required to purchase or rent your own Instrument Set to participate in this class

### Little Groove (0-5 years)

Tuesdays, Fridays | 9:30 am, 10:15 am, 11:00 am

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!

*Classes will move outside to the Boston Common when weather permits.*

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# PROGRAM DESCRIPTIONS

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## SPRING 2023

### Music Together (0-5 years)

Mondays | 3:30 pm

Hill House is excited to have GroovyBabyMusic join us with their high-quality, research-based, music & movement program, Music Together! This Acclaimed Research-based Music & Movement class, with certified teachers who are professional musicians, will have your child singing, dancing, moving, and grooving! Tuition includes Music Packet of Songbook, CD, Parent Guide outlining the research behind the program, and access to App for Downloads so you can rock out at home. To ensure the safety of our participants and instructors, it will be required to purchase or rent your own Instrument Set to participate in this class.

### OPEN GROUPS

#### Open Art (1-5 years)

Tuesdays, Fridays | 1:00 pm

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!

#### Open Playgroup (1-5 years)

Mondays, Wednesdays | 12:00 pm

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!

### RUNNING

#### Girls Running Club (6-12 years)

Tuesdays | 5:00 pm

Come join our fantastic girls athletics staff as they help lead new and experienced runners alike through a fun, bonding, and energetic experience together as a club. Whether by fun drills or team bonding exercises, these sessions will help our girls prepare to complete a fun 5k towards the end of our season.



### SOCCER

#### 6U Soccer Clinic (5-6 years)

Thursdays | 4:30 pm

This clinic will help solidify the basics of the world's most popular sport for your young athlete. Games and drills will allow players to get used to having a ball at their feet. We will work to develop listening and cooperation skills. A focus on dribbling, passing and shooting will give players a chance to compete against one another. We aim to assist in the development of players' skills so that they might achieve their maximum potential at their own pace. Based on numbers, all players enrolled will train in small groups determined by age and ability. The primary focus at this level is the development of fundamental skills in a fun environment with the beginnings of structured team play.

#### Half Kick Soccer (3-5 years)

Mondays, Wednesdays, Fridays | 1:30 pm

Thursdays | 3:45 pm

Fridays | 12:30 pm

Saturdays | 9:00 am, 10:30 am, 11:15 am

Sundays | 11:00 am

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

#### Sunday Soccer (6-12 years)

Sundays | 12:00 pm

Polish your skills in the off-season with this Sunday afternoon clinic. Players of all ages and skill levels can work on every

aspect of their game, including: dribbling, passing, shooting and team strategy. Hill House's coaches will utilize curriculum from Mass Youth Soccer and US Soccer to place players in fast and fun competition. Enjoy the beautiful Esplanade as Hill House Soccer takes over the Ebersol fields while the weather gets warmer with each weekend.

#### United 2nd Grade Academy

Must be entering 3rd grade fall 2023

Mondays | 4:00 pm

For any 2nd graders interested in learning about Hill House's United travel soccer program-- join us on the Common for these weekly foot skills clinics. These sessions will expose your player to the next level of fundamentals and skills needed to jump from in-house to the travel level. Learn with our current staff of United coaches and volunteers so your player is ready for try-outs in May!

#### United Foot Skills Clinic (8-12 years)

Mondays | 4:00 pm

Held on Mondays in the fall and spring seasons, these clinics are open to all Hill House Boston United players and practice squad members and will be focused on ball manipulation and increasing technical skills. Every player will have a soccer ball and the emphasis will be on getting as many touches on the ball as possible while building up the complexity of skill each week. Each clinic will finish with small, sided games where new skills will be encouraged to be used in a game situation. These clinics will be directed by United staff coaches.

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# SPRING 2023

## STEM

### Buildwave (5-12 years)

Wednesdays | 4:15 pm, 5:15 pm

Want to foster your child's interest in STEM, while igniting their creative spark at the same time? Students create with over a dozen different building materials, including Lego®, PlusPlus®, and custom-made Buildwave materials. Structured like a video game, classes feature an audiovisual setup highlighting animations and music that guide students through the different building waves. As your child creates with wave after wave of new objects, they build creative confidence, become better collaborators, and encounter design and engineering fundamentals in a unique and memorable context.

### Minecraft (7-12 years)

Mondays | 5:30 pm

Come take a deep dive into Minecraft modding! Always a big favorite, using MCreator software, students will alter ("mod") existing characters and designs, and build new, highly customized armor, tools, and building blocks. Then, they'll step up to create more complicated modded objects such as volcanoes, waterfalls, new dimensions, or even a game version of themselves! They will examine how their new designs — saved in their own Minecraft world — influenced gameplay. This class is perfect for anyone who loves Minecraft and wants to have even more control over what they can build. Come take a deep dive into Minecraft modding! Always a big favorite, using MCreator software, students will alter ("mod") existing characters and designs, and build new, highly customized armor, tools, and building blocks. Then,

they'll step up to create more complicated modded objects such as volcanoes, waterfalls, new dimensions, or even a game version of themselves! They will examine how their new designs — saved in their own Minecraft world — influenced gameplay. This class is perfect for anyone who loves Minecraft and wants to have even more control over what they can build.

### Science Explorers (3-5 years)

Mondays | 4:30 pm

Fridays | 4:00 pm

Start your curious scientist with this exploration into STEM experiments. Students will get to 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 STEM!

### Storybook STEM (3-5 years)

Wednesdays | 3:30 pm

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

### Video Game Design (7-12 years)

Mondays | 4:30 pm

Does your child love video games? In this class, we will channel that passion by having them learn to build their own! Together with like-minded students, they will build simple

video games step-by-step, experimenting with specific tasks and movements, and sharing gameplay with their peers, while learning introductory coding concepts. They will learn to use game design program Flowlab, a platform used by professional game designers to prototype their creations using accessible drag-and-drop coding. All games will be stored online, so students can gain access after class ends, and, if their game is approved, upload it to Google Play or the Apple Store!

## TENNIS

### Tennis Club-(3-12 years)

**3-4 years** Mondays, Tuesdays, Wednesdays,  
Thursdays | 3:00PM  
Sundays | 12:00PM

**5-6 years** Mondays, Tuesdays, Wednesdays,  
Thursdays | 3:45PM

**Beginner** Mondays, Tuesdays, Wednesdays,  
**6-12 years** Thursdays | 4:30PM  
Sundays | 1:00PM

**Advanced** Mondays, Tuesdays, Wednesdays,  
**7-12 years** Thursdays | 5:15PM  
Sundays | 2:00PM

Grab your racquet and join us on the Boston Common to continue growing your game! Open to beginner and strong players alike as the individual attention from the instructor will challenge players at their own level. Places will be limited for this class which will develop each player's "love" for tennis. Players will need to provide their own racquets.

## THEATRE

### Improv (6-9 years)

Wednesdays | 5:00 pm

Join us for our new and creative class where your participant can use their energy, have fun, and learn all about Improv! Throughout this class students will explore the improv basics of teamwork, listening, and scene-building through exercises and engaging games! All experience levels are welcome!

### Intro to Acting (6-9 years)

Thursdays | 5:00 pm

Explore the art of acting! This class is designed as an introduction to all aspects of Acting, students will get to learn the basics of script writing, memorizing lines, choreography, voice techniques and so much more! Students will work with the instructor each week, building their theatrical skills, leading up to a final performance worthy of a Tony Award!

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

Tuesdays | 5:15 pm

Have fun with the art of musical theatre, 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!

.....  
Have questions about our program offerings?

Contact Jamie for enrichment and John for athletics  
at 617-227-5838.

**Registration Opens:** February 7 for members  
February 9 for non-members

**Indoor Programs Start:** The week of March 13



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# SPRING 2023 ATHLETIC AND PROGRAM GUIDE

**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.

## This Season At-a-Glance

**March 13** Indoor Programs Begin  
**April 3** Boston Common Fields Open  
**April 17** Hill House Closed; Patriots' Day  
**May 2** Soccer League Registration Opens for Members  
**May 4** Soccer League Registration Opens for Public  
**May 23** Fall Registration Opens for Members  
**May 25** Fall Registration Opens for Public  
**May 29** Hill House Closed; Memorial Day  
**June 5** Summer Art, Music, and Sports Programming Begins  
**June 20** Summer Camp Begins

## Membership—\$150/yr

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

**CALL** 617-227-5838, x 220

**EMAIL** kkeches@hillhouseboston.org

**VISIT** www.hillhouseboston.org

## Registration Opens

**February 7** for members, 10am

**February 9** for non-members, 10am

## Programs Start

Indoors on **March 13**

## Questions?

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