

WINTER 2018-2019 ATHLETIC AND PROGRAM GUIDE



REGISTRATION OPENS

October 16 *for members*

October 18 *for non-members*

PROGRAMS START

Week of November 26

More than 100 programs offered this winter for youth ages 0-12 years in athletics, enrichment, and more.



127 Mount Vernon St.

Boston, MA 02108

(617) 227-5838

hillhouseboston.org

MONDAY

WINTER 2018/2019 ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY	ART ROOM/KITCHEN	CLASSROOM	74 JOY	STERITI RINK	HUNTINGTON YMCA
<p>Total Body Strength 50yrs+ 8:00-9:00</p> <p>Vamos a Saltar! 1-4yrs 9:30-10:15 10:30-11:15</p> <p>Open Playgroup 6mos-4yrs 11:30-12:15 12:15-1:00 <i>Drop-in program</i></p>	<p>NEW Sensory Play 1-2yrs 9:15-10:00</p> <p>Paint & Play 19mos-3yrs 10:15-11:00</p> <p>Scribble & Squish 12-24 mos 11:15-12:00 <i>Art Room</i></p>	<p>Music Together 0-5yrs 9:15-10:00 10:15-11:00</p>			
<p>Half Kick Soccer 3-5yrs 1:30-2:15 2:15-3:00</p>	<p>Open Art 1-4yrs 1:00-3:00 <i>Drop-in program for members ONLY.</i> <i>Art Room</i></p> <p>Science Experiment Explorers 3-5yrs 3:15-4:00 4:15-5:00 <i>Art Room</i></p>	<p>Mommy & Me Yoga 0-6mos 1:30 - 2:15</p>	<p>Bitty Basketball 3-4yrs 3:30-4:15 4:15-5:00</p>		
<p>Beginner Karate 5-6yrs 3:30-4:15</p> <p>Intermediate Karate 5-7yrs 4:30-5:15</p> <p>Beginner Fencing 5-12yrs 5:30-6:15</p> <p>Intermediate Fencing 7-12 years 6:30-7:15</p>	<p>NEW Create a Cook 6-9yrs 5:15 - 6:00 <i>Kitchen</i></p>	<p>Chess Club 6-12yrs 4:45-5:45</p>	<p>6U Basketball 5-6yrs 5:00-6:00</p> <p>Indoor Batting Practice 7-12yrs 6:05-6:50</p>	<p>Start to Skate 4-10yrs 5:00-6:00</p> <p>NEW Figure Skating Skills 6-12yrs 5:00-6:00</p> <p>NEW Hockey Skating Skills 6-12yrs 5:00-6:00</p>	<p>Indoor Soccer - Futsal 6-12yrs 5:00-6:00</p>
<p>PRIVATE MUSIC LESSONS (6-12 years)</p> <p>Choose between 30 or 45 minute lessons with one of our experienced instructors.</p> <p>Call Tori at (617) 227 5838 ext. 14 to coordinate!</p>					



TUESDAY

WINTER 2018/2019 ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	74 JOY	HUNTINGTON YMCA	YELLOW ROOM
Jumping Jacks Gym 1-3yrs 9:15-10:00 10:15-11:00 11:15-12:00	Paint & Play 19mos-3yrs 9:15-10:00 Scribble & Squish 12-24mos 10:15-11:00	Little Groove Music 3mos-4yrs 9:15-10:00 10:15-11:00 11:15-12:00 12:15-1:00			
Half Kick Soccer 3-5yrs 2:15-3:00 Kiddie Karate 3-4yrs 3:30-4:15	Mixed Media Art 3-8yrs 3:30-4:15	Open Playgroup 6mos-4yrs 1:15-3:15 <i>Drop-in program.</i> Storybook STEM 3-5yrs 3:30-4:15	Tap & Tumbling 3-4yrs 3:30-4:15 Musical Theatre Dance 5-8yrs 4:30-5:15		New Parents Group 2:30 - 3:15
Intermediate Karate 7-12yrs 4:30-5:15	Art Travelers 4-8yrs 4:30-5:15	STEM Investigators 6-9yrs 4:30-5:15	6U Basketball 5-6yrs 5:15-6:15	Girls Basketball 6-12yrs 5:00-6:00	



PRIVATE MUSIC LESSONS (6-12 years)

Choose between 30 or 45 minute lessons with one of our experienced instructors.

Call Tori at (617) 227 5838 ext. 14 to coordinate!

February Fun Sports 5-7yrs

Tuesday, February 19th and
Thursday, February 21st

1:15-3:15

74 Joy Street



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

REGISTRATION

Opens **October 16** for members,
October 18 for non-members.

hillhouseboston.org

PROGRAMS START

Monday, November 26

WEDNESDAY

WINTER 2018/2019
ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM

Total Body Strength 50yrs+
8:00-9:00

Jumping Jacks Gym 1-3yrs
9:30-10:00
10:15-11:00
11:15-12:00

ART ROOM

Paint & Play 19mos-3yrs
9:15-10:00
10:15-11:00

Scribble & Squish 12-24mos
11:15-12:00

CLASSROOM

NEW **Spanish in Motion**
6mos-4yrs
9:15-10:00
10:15-11:00

New Parents Playgroup
4-10mos
11:30-12:30

74 JOY

HUNTINGTON YMCA

Born to Play Baseball 3-5yrs
1:30-2:15

Half Kick Soccer 3-5yrs
2:15-3:00

Musical Theatre & Arts
Combo 6-7 yrs and 8-10yrs
Musical Theatre: 4:00-4:45
Art: 4:45-5:30

Preschool Picasso 3-5yrs
1:30-2:15

Clay Creations 3-5yrs
2:30-3:15

Art of Cooking 3-5yrs
3:30-4:30

Open Playgroup 6mos-4yrs
1:00-3:00
Drop-in program

Bitty Basketball 3-4yrs
3:30-4:15

Storybook Ballet 4-6yrs
4:30-5:15



Tap & Hip Hop 5-8yrs
5:15-6:15

Senior Basketball League
9-12yrs
5:00-7:00



PRIVATE MUSIC LESSONS (6-12 years)

Choose between 30 or 45 minute lessons with one of our experienced instructors.

Call Tori at (617) 227 5838 ext. 14 to coordinate!



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

REGISTRATION

Opens **October 16** for members,
October 18 for non-members.
hillhouseboston.org

**PROGRAMS
START**

Monday, November 26

THURSDAY

WINTER 2018/2019
ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM

Jumping Jacks Gym 1-3yrs
9:15-10:00
10:15-11:00
11:15-12:00

ART ROOM

Paint & Play 19mos-3yrs
9:15-10:00
10:15-11:00
Scribble & Squish 12-24mos
11:15-12:00

CLASSROOM

Infant Developmental Movement -Move Baby Move
Infants 6wks-5mos
9:15-10:00
Crawlers 6mos-12mos
10:15-11:00
Walkers 12mos-18mos
11:15-12:00

KITCHEN



74 JOY STREET

HUNTINGTON YMCA

NEW **Get into Gymnastics 3-5yrs**
2:00-2:45
Half Kick Soccer 3-5yrs
3:00-3:45
Bollywood Dance 3-5yrs
4:00-4:45

Art of Cooking 3-5yrs
1:00-2:00

NEW **Jewelry Making 6-10yrs**
4:00-4:45

NEW **Sculpture 6-8yrs**
4:45-5:30

Members-Only Playgroup 6 mos-4yrs
12:30 to 2:30
Drop-in program.

NEW **Video Game Design 7-10yrs**
4:00-5:00
Begins Jan 10

Cocinar con Amigos 4-6yrs
4:00-4:45

Toddler Storybook Ballet 3-4yrs
3:30-4:15
Storybook Ballet 4-6yrs
4:30-5:15

Bollywood Dance 6-8yrs
5:00-5:45

Art Club 9-12yrs
5:30-6:15

NEW **Robotics Club 9-12yrs**
5:00-5:45
Begins Jan 10

Cocinar con Amigos 4-6yrs
5:00-5:45

NEW **Ballet 7-9yrs**
5:15-6:00

Junior Basketball League 7-8yrs
5:00-7:00



PRIVATE MUSIC LESSONS (6-12 years)

Choose between 30 or 45 minute lessons with one of our experienced instructors.

Call Tori at (617) 227 5838 ext. 14 to coordinate!



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

REGISTRATION

Opens **October 16** for members,
October 18 for non-members.
hillhouseboston.org

**PROGRAMS
START**

Monday, November 26

FRIDAY

WINTER 2018/2019
ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM

Tumble Time 2-4yrs

9:30-10:15
10:30-11:15

Half Kick 3-5yrs

12:30-1:15

Born to Play Baseball 3-5yrs

1:30-2:15

Friday Night Out 3-10yrs

6:15-9:15

December 14, January 25,
March 1
at the Firehouse

Teen Event 11-14yrs

7:00-9:00

February 8
at the Firehouse

ART ROOM

Mundo de Colores

12mos-3yrs

9:15-10:00

Paint & Play 19mos-3yrs

10:15-11:00

Scribble & Squish 12-18mos

11:15-12:00

Open Art 1-4yrs

1:00-3:00

*Drop-in program for members
ONLY.*

CLASSROOM

Little Groove Music

3mos-4yrs

9:15-10:00

10:15-11:00

11:15-12:00

74 JOY

Bitty Basketball 3-4yrs

3:30-4:15

AA Baseball Clinic 5-8yrs

4:15-5:00

6U Basketball 5-6yrs

5:00-6:00

Winter Baseball Clinic

7-12yrs

6:05-6:50

BOSTON ATHLETIC CLUB



Tennis Club 4-12yrs

4:00-5:00



PRIVATE MUSIC LESSONS (6-12 years)

Choose between 30 or 45 minute lessons with
one of our experienced instructors.

Call Tori at (617) 227 5838 ext. 14 to coordinate!



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

REGISTRATION

Opens **October 16** for members,
October 18 for non-members.
hillhouseboston.org

**PROGRAMS
START**

Monday, November 26

WEEKEND

WINTER 2018/2019
ATHLETIC AND PROGRAM GUIDE

SATURDAY

74 JOY

Half Kick Soccer 3-4.5yrs

9:30-10:15

U6 Soccer 4.5-6yrs

10:00-10:45

Pick-Up Basketball Games 7-10yrs

11:00-12:00

Futsal League Games

Game time TBA

BRICK BOSTON

NEW Winter Workout
Warriors 7-12yrs

3:30-4:30

SUNDAY

FIREHOUSE

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

Holiday Gift Making Workshop 2-8yrs

1:00-2:30

December 16

Fashionista Fun 6-12yrs

1:00 - 2:30

January 6

Dads & Donuts

9:30-11:30

January 13

Winter Wonderland - Kids Social 2-8yrs

11:00-1:00

January 28

Art and Hearts Workshop

1:00-2:30

February 10

New and Expecting Parents Workshops

11:00-12:00

Dates TBA



New & Expecting Parents Workshop Series

Lookout for everything from infant CPR to prenatal yoga to baby basic classes, all led by professional experts!

Please call **Tori** at 617-227-5838 x14

REGISTRATION

Opens **October 16** for members,
October 18 for non-members.

hillhouseboston.org

**PROGRAMS
START**

Monday, November 26



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

PROGRAM DESCRIPTIONS

WINTER 2018/2019
ATHLETIC AND PROGRAM GUIDE

All programs run for 45 minutes unless otherwise noted

NOTE: Participants must meet a program's minimum age requirement by December 1, 2018.

ART

Art Club (9-12 years)

Thursdays | 5:30

Do you love being creative and having a good time with friends? Art Club is the place to be! Every week will consist of new, hands-on projects engaging the world around us! Come ready to draw, paint and design! Instructor Emily is excited to pass on her expertise to our Art Club members.

Art Travelers (4-8 years)

Tuesdays | 4:30

The most creative class in town for the youngest artists! Children will work in different mediums learning the basics of art, while completing a finished project each week. 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. Caregivers are strongly recommended to stay with the children and get involved.

Clay Creations (3-5 years)

Thursdays | 2:30

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

NEW Jewelry Making (6-10 years)

Thursday | 4:00

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.

Mixed Media Art (3-8 years)

Tuesday | 3:30

Mixed Media will use various artistic mediums to inspire their vision and imagination. We will explore line, color, texture, shape and pattern through two dimensional art projects; and develop our three dimensional senses through sculptures in various materials and styles. This class is dedicated to providing children with inventive art instruction and projects that will bring to life the wonderful world of creative expression.

Open Art (1-4 years)

Mondays | 1:00-3:00

Fridays | 1:00-3:00

Free for members; drop-in.

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

Paint & Play (19 months-3 years)

Monday | 10:15

Tuesday | 9:15

Wednesday | 9:15 & 10:15

Thursday | 9:15 & 10:15

Friday | 10:15

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!

Pre-School Picasso (3-5 years)

Wednesdays | 1:30

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, gain a more detailed awareness of colors, shapes, shades, textures and practice healthy decision-making techniques. Please note: this is a drop-off class.

Scribble & Squish (12-24 months)

Mondays | 11:15

Tuesday | 10:15

Wednesdays | 11:15

Thursdays | 10:15

Fridays | 11:15

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!

NEW Sculpture (6-8 years)

Thursdays | 4:45

Learn how to manipulate various materials into captivating and creative sculptures. We will be using a wide range of materials including wire, clay, wood, cardboard and other found and recycled materials to produce imaginative three dimensional creations.

NEW Sensory Play (12mos-2 years)

Monday | 9:30

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.

Find Mundo de Colores, our Spanish vocab-building art class, under Foreign Language.

BASEBALL

AA Baseball Clinic (5-8 years)

Fridays | 4:15

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



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

REGISTRATION

Opens October 16 for members,
October 18 for non-members.
hillhouseboston.org

PROGRAMS
START

Monday, November 26

PROGRAM DESCRIPTIONS

WINTER 2018/2019
ATHLETIC AND PROGRAM GUIDE

All programs run for 45 minutes unless otherwise noted

Born to Play Baseball (3-5 years)

Wednesdays | 1:30

Fridays | 1:30

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

Indoor Batting Practice (7-12 years)

Mondays | 6:05

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

Winter Baseball Clinic (7-12 years)

Fridays | 6:05

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

BASKETBALL

Bitty Basketball (3-4 years)

Mondays | 3:30 and 4:15

Wednesdays | 3:30

Fridays | 3:30

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

Girls Basketball (6-12 years)

Tuesdays | 5:00-6:00

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

Pick-Up Basketball Games (7-10 years)

Saturdays | 11:00-12:00

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

6U Basketball (5-6 years)

Monday | 5:00-6:00

Tuesday | 5:15-6:15

Friday | 5:00-6:00

The 6U instruction-based clinic introduces youngsters to the fundamentals of basketball in a fun, competitive setting. The first three weeks will focus on skills, sportsmanship and the basics of the game and subsequent weeks include actual basketball games. Our instructors/volunteers will teach the basics of offensive and defensive play while continuing to focus on good dribbling, passing, shooting, and rebounding techniques.



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

REGISTRATION

Opens **October 16** for members,
October 18 for non-members.

hillhouseboston.org

**PROGRAMS
START**

Monday, November 26

PROGRAM DESCRIPTIONS

All programs run for 45 minutes unless otherwise noted

WINTER 2018/2019
ATHLETIC AND PROGRAM GUIDE

Junior Basketball League (6-8 years)

Thursdays | 5:00-7:00

The U9 league gives players the opportunity to play basketball in a supportive environment that emphasizes fun, sportsmanship and skill-building. The season begins with three skills clinics prior to the holiday break and transitions in the New Year to children being placed on teams with one hour of practice followed by one hour of games each week. Each player is assigned to a team and receives a jersey.

Senior Basketball League (9-12 years)

Wednesdays | 5:00-7:00

The U13 competitive league exists for our older basketball players. Each week focuses on player and team development and provides a challenging environment for players who aspire to reach their full potential. The season begins with three skills clinics prior to the holiday break and transitions into in the New Year to players being placed on teams with one hour of practice followed by one hour of games each week. Each player is assigned to a team and receives a jersey.

CHESS

Chess Club (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. 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. In addition to 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.

NEW Create a Cook (6-9 years)

Mondays | 5:15-6:15

Come create a cook at Hill House! The kitchen is a great place to make memories, build bonds and start traditions! Don't miss out on this opportunity to learn side by side with your child! Each week will be spent learning about different cuisines, cooking techniques and of course tasting the dishes you create! Registration includes parent/caregiver & one child.

Find Cocinar con Amigos, our Spanish vocab-building cooking class, under Foreign Language.

DANCE

NEW Ballet (7-9 years)

Thursdays | 5:15

New to Hill House is Ballet for our older children. Has your little one progressed from the Storybook classes and love to dance but not ready to commit to some of the long-term intense programs in the city? This is a perfect program with a great instructor. Learn in a



fun and safe environment where the passion for the dance comes first!

Bollywood Dance (3-5 years) (6-8 years)

Tuesdays | 4:00-4:45 (3-5yrs)

Tuesdays | 5:00-5:45 (6-8yrs)

After a successful first season, Bollywood Dance is back and better! A fun-filled introduction to the culture and versatility of Bollywood dance right at the firehouse. This class will blend hip-hop and many different modern dance styles with traditional Indian steps. Every meet will be full of energy, fun and learning; we look forward to hosting this for the first time!

Toddler Storybook Ballet (3-4 years)

Thursdays | 3:30

Storytelling and pre-ballet instruction combine to create fairy tale-inspired classes full of adventure and fun. Fun and stories will blend into learning ballet basics. Spark your little one's interest in dance at this young age!

Storybook Ballet (4-6 years)

Wednesdays | 4:30

Thursdays | 4:30

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



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

REGISTRATION

Opens October 16 for members,
October 18 for non-members.

hillhouseboston.org

PROGRAMS
START

Monday, November 26

PROGRAM DESCRIPTIONS

WINTER 2018/2019
ATHLETIC AND PROGRAM GUIDE

All programs run for 45 minutes unless otherwise noted

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.

Musical Theatre Dance (5-8 years)

Wednesdays | 4:30

Wanted to learn the steps and choreography to a smash hit musical? This is the class for your young dancer. Each week will build on moves towards a full performance at the end of the semester. Learn from our instructor and her musical theater background which is bound to have everyone singing and dancing!

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: All participants should be potty-trained.

FENCING

Beginner Fencing (5-12 years)

Mondays | 5:30

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

Intermediate Fencing (7-12 years)

Mondays | 6:30

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

FAMILY FUN

Dads & Donuts (0-6 years)

Sunday, January 21 | 9:30-11:30

Join us for a morning of donuts and coffee (while supplies last) and play with all of our gym equipment! This is a great time for dads to have fun with their kids and meet other fathers in the area. FH Perry Builder will stop by at 10:00 am for a child-friendly building workshop in the art room!

Friday Night Out (3-10 years)

Friday,

Dec 14, Jan 25 and March 1 | 6:15-9:15

Drop your kids off at their all-time favorite place while you enjoy an evening to yourselves! Our night of structured fun, including art, active play and a family-friendly movie, will be supervised closely by the Hill House staff members your kids already know and love. The whole family gets a great Friday Night Out!

Tween Event (11-14 years)

February 8 | 7:00-9:00

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



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

REGISTRATION

Opens October 16 for members,
October 18 for non-members.

hillhouseboston.org

PROGRAMS
START

Monday, November 26

PROGRAM DESCRIPTIONS

All programs run for 45 minutes unless otherwise noted

WINTER 2018/2019
ATHLETIC AND PROGRAM GUIDE

FEBRUARY VACATION PROGRAMS

February Fun Sports (5-7 years)

February 19 and February 21 | 1:15-3:15
No school? No problem - keep your athlete entertained during school vacation week at one of our age-appropriate pick-up games. These afternoon sessions will be mix of sports that will depend on the group's interest between the options of basketball, soccer and floor hockey. There will be plenty of playing time with the objective of keeping the children active while they're taking a break from school.

FITNESS FOR ADULTS

Total Body Strength (50+ years)

Mondays & Wednesdays | 8:00-9:00
In the Total Body Strength class, we will use weights, resistance tubing and our own body-weight against gravity to build a strong core. The class will be 1 hour long and will be set to great music to inspire you. This class is perfect for the active older adult (50+). There will be both standing and mat exercises to challenge all your major muscle groups. A flexibility segment will be added to the end of class.

FOREIGN LANGUAGE

Cocinar con Amigos (4-6 years)

Thursdays | 4:00 & 5:00
Join us in the kitchen for a sizzling class all about the colorful culture and delicious foods of Latin America! While strengthening their Spanish vocabulary, students will learn safe kitchen practices as they create classic dishes that range from familiar to exotic. Please note: this is a drop-off class. All participants must be potty-trained.

Mundo de Colores (12 months-3 years)

Fridays | 9:15
Art projects and crafts will help your little one learn simple Spanish phrases and colors. Mundo de Colores promotes development of hand-eye coordination, visual and fine motor skills, sequencing and arranging abilities, awareness of colors, shapes, shades, textures and decision-making techniques.

Spanish in Motion (6 mos-4 years)

Wednesdays | 9:15 and 10:15
This is a fun and interactive class where parents, caregivers and educators sit with their children to explore the Spanish-language, music, and Latin-American culture. This class is perfect for parents with multiple children of varying ages. Children are exposed to Spanish through songs that create an environment that allows for a long periods of listening and exposure, coupled with call-and-response interactivity requiring physical movement. Parents receive a copy of our own music heard in class to enjoy in the car and at home.

Vamos a Saltar! (1-4 years)

Mondays | 9:30 and 10:30
Nurture your child's love of movement with his or her amazing capacity to learn new languages in Jumping Jacks Gym en Español. Learn the words for motions and body parts while singing songs and playing games in our amazing play space, all in Spanish.

KARATE

Beginner Karate (5-6 years)

Mondays | 3:30
Beginner Karate focuses on rule-play and trusting that three basic rules will ensure a safe martial arts experience! Children will learn the most basic dojo (training hall) etiquette: how to bow and how to listen with their eyes. Attentive practice will keep students aware of their surroundings and fellow students as they begin to learn the basics of sparring in relation to defending themselves. Raising their hand to speak, or demonstrating the Statue of Liberty, gives them a lot of power and a voice in the class.

Intermediate Karate 1 (5-7 years)

Monday | 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.

Intermediate Karate 2 (7-12 years)

Tuesday | 4:30
At this level, with some practice under their belt, students know that the rules are in place to protect them. Respect has taught them caution. Participants understand eye-contact as a method of communication. At this level, students will continue to practice sparring and the benefits of self-defense as they begin to earn stripes and different color belts and practice goal-setting and obtainment.

Kiddie Karate (3-4 years)

Tuesday | 3:30
Toddler-age children will benefit from exciting experiences with peers, while encouraging motor skill coordination, concentration, and self-confidence as they are introduced to the character and fundamentals of karate. Uniforms can be purchased on the first day of class from the instructor.

MUSIC

Little Groove Music (3 months-4 years)

Tuesdays | 9:15, 10:15, 11:15 and 12:15
Fridays | 9:15, 10:15 and 11:15
These music classes are designed to help infants, toddlers and preschoolers learn and interact through sound, sight and touch in a live music setting. Children enjoy using their bodies and voices to sing along to catchy songs that help them build important motor and social skills. They will also have fun using real instruments such as drums, shakers and tambourines. Children also interact with puppets, bubbles, balls, pom poms, building blocks and one large parachute!



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

REGISTRATION

Opens October 16 for members,
October 18 for non-members.
hillhouseboston.org

PROGRAMS
START

Monday, November 26

PROGRAM DESCRIPTIONS

All programs run for 45 minutes unless otherwise noted

WINTER 2018/2019
ATHLETIC AND PROGRAM GUIDE

Music Together (0-5 years)

Mondays | 9:15 and 10:15

Have you ever wondered what you can do to nurture the musical growth of your child, regardless of fun your role can be! Our Music Together classes build on your Music Together own musical ability? Experience Music Together and find out how important and how your child's natural enthusiasm for music and movement. We'll help you provide your child with the basic musical skills needed to enjoy school and social musical activities, and to study an instrument should he or she choose to do so.

Private Music Lessons (6-12 years)

Spaces may be available | Call (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.

NEW & EXPECTING PARENTS

New Parents Group

Tuesdays | 2:30

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

Mommy & Me Yoga

Mondays | 1:30-2:15

A playful and safe environment for Mom to strengthen, soften and rejuvenate her body. Mom will move through poses, alongside or with Baby, exploring your bodies together and sharing a unique bonding experience. Sleeping babies are welcome too!

Move Baby Move – Infants (6wks-5mos)

Thursdays | 9:15

The emphasis on this class is welcoming the baby's body to the physical world while strengthening the growing spine, exploring the vestibular system (the sense of balance), and finding center. The class includes tummy time, massage, visual and auditory stimulation that will support all the development patterns, including crawling, standing and speech. Encouraging heart-to-heart connection is emphasized through the entire class.

Move Baby Move – Crawlers (6 mos-12 mos)

Thursdays | 10:15

This class builds upon the previous level. We will continue to work on the Vestibular system (the sense of balance) and start incorporating more props, as well as rhythm, breath and social interaction. Yoga poses that encourage development are introduced, such as backbends, forward bends, side bends and twists.

Move Baby Move – Walkers (12 mos-18 mos)

Thursdays | 11:15

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

Workshops

Sundays | 10:00- 11:30

Each month Hill House will put on a different New or Expecting Parent workshops from "What to Expect when Expecting" to "Feeding" to "Baby Massage". If you or someone you know is expecting or has a young child, keep an eye out or call Tori at 617-227-5838 x 14



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

REGISTRATION

Opens October 16 for members,
October 18 for non-members.
hillhouseboston.org

PROGRAMS
START

Monday, November 26

PROGRAM DESCRIPTIONS

All programs run for 45 minutes unless otherwise noted

WINTER 2018/2019
ATHLETIC AND PROGRAM GUIDE

PLAYGROUPO

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

Member-Only Playgroup (6 months-4 years)

Thursdays | 12:30-2:30

Member-only, drop-in

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

New Parents & Babies Playgroup (4-10mos)

Wednesdays | 11:30-12:30

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

Open Playgroup (6 months-4 years)

Mondays | 11:30 and 12:15

Tuesdays | 1:15-3:15

Wednesdays | 1:00-3:00

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

several benefits available to our broader Beacon Hill Community!

SKATING (ICE SKATING)

Start to Skate (4-10 years)

Mondays | 5:00-6:00

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

NEW Figure Skating Skills (6-12 years)

Mondays | 5:00-6:00

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

NEW Hockey Skating Skills (6-12 years)

Mondays | 5:00-6:00

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

SOCCER

Half Kick Soccer (3-5 years)

Mondays | 1:30 and 2:15

Tuesdays | 2:15

Wednesday | 2:15

Thursdays | 3:00

Friday | 12:30

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

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

U6 Soccer (4.5-6 years)

Saturdays | 10:00

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

Indoor Soccer – Futsal (6-12 years)

Mondays | 5:00-6:00

Indoor Soccer develops excellent foot skills and ball control while playing in a fast and fun environment. Our program will cultivate all aspects of a player's game by focusing on skills and drills as well as scrimmages, where we'll put newly learned skills into play. Players will scrimmage each week with different players in their age and ability specific group. Abbey Villa Soccer Club will provide their expert coaches for this program.

Futsal League

Weekends | TBA

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

STEM (SCIENCE, TECHNOLOGY, ENGINEERING AND MATH)

Science Experiment Explorers (3-5 years)

Mondays | 3:15, 4:15

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

Storybook STEM (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.



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

REGISTRATION

Opens October 16 for members,
October 18 for non-members.
hillhouseboston.org

PROGRAMS
START

Monday, November 26

PROGRAM DESCRIPTIONS

All programs run for 45 minutes unless otherwise noted

WINTER 2018/2019
ATHLETIC AND PROGRAM GUIDE

STEM Investigators (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

Tennis Club (4-12 years)

Fridays | 4:00

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

THEATRE

Musical Theatre & Arts (6-10years)

Wednesdays | 4:00-5:30

Explore 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!

Musical Theatre Dance (5-8 years)

Wednesdays | 4:30

Wanted to learn the steps and choreography to a smash hit musical? This is the class for your young dancer. Each week will build on moves towards a full performance at the end of the semester. Learn from our instructor and her musical theater background which is bound to have everyone singing and dancing!

TUMBLING & MOVEMENT

NEW Get into Gymnastics (3-5 years)

Aged out of Jumping Jacks but loved the rolls, balance beams and bars? Take the next step and join us in the firehouse for the basics of gymnastics in the fun introductory class. By the end of the program your little one will be able to demonstrate a variety of gymnastic skills and have fun doing it!

Jumping Jacks Gym (1-3 years)

Tuesdays, Wednesdays and Thursdays | 9:15, 10:15 and 11:15

Toddlers run, jump, crawl, roll and wiggle through activities encouraging sharing, basic socialization, discovery, balance and coordination. Engaging equipment, such as a balance beam, bar, and parachute will aid toddlers in developing gross motor skills, improving spatial awareness and establishing a love of physical activity and recreational play. Teacher-led songs and games will introduce structure, provide routine and promote focus. Caregivers help support and sport children to promote safe play.

Tumble Time (2-4 years)

Fridays | 9:30 and 10:30

If you loved Jumping Jacks Gym but are ready for more, have we got a class for you! Tumble Time is structured for older toddlers and preschoolers to develop basic tumbling, motor and socialization skills and positive personality traits including confidence and self-esteem. Tumble Time activities incorporate coordination, strength, flexibility and balance. Parent/caregivers interact with their child and assist in this class.

Find Vamos a Saltar, our Spanish vocab-building tumbling class, under Foreign Language.

WORKOUTS!

NEW Winter Workout Warriors (7-12 years)

Saturdays | 3:30 - 4:30

Does your child just want to be active all the time?! Want to promote healthy living and approached to personal fitness while keeping it fun? Have you been intrigued by Crossfit, Spartan Races, American Ninja Warrior? This new class in the amazing BRICK location has all the equipment and professional instructors to run the most fun fitness classes in town!

.....
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!



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

REGISTRATION

Opens **October 16** for members,
October 18 for non-members.

hillhouseboston.org

**PROGRAMS
START**

Monday, November 26

WINTER 2018-2019

ATHLETIC AND PROGRAM GUIDE

WHO WE ARE

Hill House offers more than 100 programs each season for youth ages 0-12 years in athletics, enrichment, and more. Hill House administrators, instructors, board members and volunteers work together to fund and execute athletics, programs and service activities in order to meet the diverse social, educational, cultural and recreational needs of individuals and families residing in Boston's downtown neighborhoods. Through quality programs, collaborative partnerships and volunteer support, our organization seeks to build and foster a strong sense of urban community and improve the quality of life for residents of all ages.

Follow us on social media;



MEMBERSHIP—\$150/YEAR

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

CALL 617-227-5838, x10

EMAIL vfrappolli@hillhouseboston.org

VISIT hillhouseboston.org

QUESTIONS?

Lauren Hoops-Schmieg, *Executive Director*
lschmieg@hillhouseboston.org x18

Meredith Adamczyk,
Director of Development & Marketing
madamczyk@hillhouseboston.org x22

Sam Renshaw, *Program Director*
srenshaw@hillhouseboston.org x11

Marshall Caldera, *Athletics Manager*
mcaldera@hillhouseboston.org x13

Patty Kennedy, *Finance Manager*
pkennedy@hillhouseboston.org x12

Tori Frappolli, *Senior Program Coordinator*
vfrappolli@hillhouseboston.org x14

Beth Jameson, *Office Manager*
bjameson@hillhouseboston.org x10

General Program Inquiries

Contact our front desk (617) 227-5838 x10

Schedule is subject to change

Save the Date for Summer!

Hill House Summer Day Camp and
Kiddie Kamp registration opens

**January 16 for last year's campers and
January 18 to the community!**

THIS SEASON AT-A-GLANCE

October 16	Winter Registration For Members
October 18	Winter Registration For Non-Members
November 26	First Day Of Winter Programming
December 1 & 2	Hill House's Tree & Wreath Sale
December 6	Photos With Santa
December 16	Holiday Gift Making Workshop
December 19-January 1	Hill House Closed
January 19-21	Hill House Closed
January 6	Fashionista Fun
January 13	Dads & Donuts
January 15	Summer Camp Registration Opens For Returning Families
January 17	Summer Camp Registration Opens To All
January 28	Winter Wonderland: Kids' Social
February 5	Spring Registration Opens For Members
February 7	Spring Registration Opens For Non-Members
February 10	Art And Hearts Workshop
February 13	Kids' Valentine's Day Party.
February 18	Hill House Closed



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

REGISTRATION

Opens **October 16** for members,
October 18 for non-members.
hillhouseboston.org

**PROGRAMS
START**

Monday, November 26