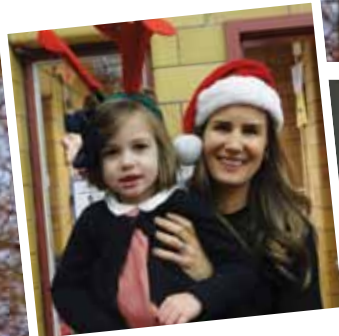


# WINTER ATHLETIC AND PROGRAM GUIDE 2017-2018



**REGISTRATION OPENS**  
October 17 *for members*  
October 19 *for non-members*

**PROGRAMS START**  
Week of November 27

More than 90 programs offered this winter for youth ages 0-12 years in athletics, enrichment, and more.



127 Mount Vernon St.  
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(617) 227-5838

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# MONDAY

## WINTER 2017/2018 ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY	ART ROOM	CLASSROOM	74 JOY	STERITI RINK	HUNTINGTON AVE YMCA
<b>Total Body Strength 50yrs+</b> 8:00-9:00  <b>Vamos a Saltar! 1-4yrs</b> 9:30-10:15 10:30-11:15  <b>Open Playgroup 6mos-4yrs</b> 11:30-12:15 12:15-1:00 <i>Drop-in program</i>	<b>Paint &amp; Play 19mos-3yrs</b> 10:15-11:00  <b>Scribble &amp; Squish 12-24 mos</b> 11:15-12:00	<b>Music Together 0-5yrs</b> 9:15-10:00 10:15-11:00			
<b>Half Kick Soccer 3-5yrs</b> 1:30-2:15 2:15-3:00  <b>Kiddie Karate 3-4yrs</b> 3:30-4:15	<b>Open Art 1-4yrs</b> 1:00-3:00 <i>Drop-in program for members ONLY.</i>  <b>Science Experiment Explorers 3-5yrs</b> 3:15-4:00		<b>Bitty Basketball 3-4.5yrs</b> 3:30-4:15 4:15-5:00		
<b>Beginner Karate 5-6yrs</b> 4:30-5:15  <b>Beginner Fencing 5-12yrs</b> 5:30-6:15  <b>Intermediate Fencing 7-12 years</b> 6:30-7:15		<b>Chess I 6-10yrs</b> 4:45-5:45  <b>Chess II 8-12yrs</b> 5:45-6:45	<b>U6 Basketball 4.5-5yrs</b> 5:00-6:00  <b>Indoor Batting Practice 7-12yrs</b> 6:05-6:50	<b>NEW Learn to Skate 4-12yrs</b> 5:00-6:00	<b>NEW Indoor Soccer - Futsal 6-12yrs</b> 5:00-6:00



### PRIVATE MUSIC LESSONS (6-12 years)

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

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### REGISTRATION

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### PROGRAMS START

the week of November 27



# TUESDAY

## WINTER 2017/2018 ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	74 JOY	HUNTINGTON YMCA	YELLOW ROOM
<b>Jumping Jacks Gym 1-3yrs</b> 9:15-10:00 10:15-11:00 11:15-12:00	<b>Hands-On Art Expression</b> <b>19mos-3yrs</b> 9:15-10:00 <b>Paint &amp; Play 19mos-3yrs</b> 10:15-11:00	<b>Little Groove Music</b> <b>3 mos-4yrs</b> 9:15-10:00 10:15-11:00 11:15-12:00 12:15-1:00			
<b>Half Kick Soccer 3-5yrs</b> 2:15-3:00 <b>Beginner Karate 5-6yrs</b> 3:30-4:15	<b>Paint by Letter 2-4yrs</b> 3:30-4:15	<b>Open Playgroup 6mos-4yrs</b> 1:15-3:15 <i>Drop-in program.</i> <b>Storybook STEM 3-5yrs</b> 3:30-4:15	<b>February Fun Sports 5-7yrs</b> 1:15-3:15 <i>February 20- also on Thursday</i> <b>Tap &amp; Tumbling 3-4yrs</b> 3:30-4:15		<b>NEW</b> New Parents Group <b>0-6mos</b> 2:30-3:15
<b>Intermediate Karate 7-12yrs</b> 4:30-5:15	<b>Art Travelers 4-5yrs</b> 4:30-5:15	<b>STEM Investigators 6-9yrs</b> 4:30-5:15	<b>NEW</b> Musical Theatre <b>Dance 5-7yrs</b> 4:15-5:15 <b>U6 Basketball 4.5-5yrs</b> 5:15-6:15	<b>Girls Basketball 6-12yrs</b> 5:00-6:00	



### 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

### PRIVATE MUSIC LESSONS (6-12 YEARS)

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

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### REGISTRATION

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### PROGRAMS START

the week of **November 27**




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# WEDNESDAY

**WINTER 2017/2018**  
ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	74 JOY	HUNTINGTON YMCA
<p><b>Total Body Strength 50yrs+</b> 8:00-9:00</p> <p><b>Jumping Jacks Gym 1-3yrs</b> 9:15-10:00 10:15-11:00 11:15-12:00</p>	<p><b>Paint &amp; Play 12mos-3yrs</b> 9:15-10:00 10:15-11:00</p> <p><b>Scribble &amp; Squish 12-24mos</b> 11:15-12:00</p>	<p><b>New Parents Playgroup 4-10mos</b> 11:30-12:30</p>		
<p><b>Born to Play Baseball 3-5yrs</b> 1:30-2:15</p> <p><b>Half Kick Soccer 3-5yrs</b> 2:15-3:00</p>		<p><b>Open Playgroup 6mos-4yrs</b> 1:00-3:00 <i>Drop-in program</i></p>	<p><b>Bitty Basketball 3-4.5yrs</b> 3:30-4:15</p>	
<p><b>Musical Theater &amp; Arts Combo 6-7yrs</b> 4:00-5:30</p> <p><b>Musical Theater &amp; Arts Combo 8-10yrs</b> 4:45-6:15</p>		<p><b>Mind your Manners 6-9yrs</b> 4:30-5:15 <i>Begins January 3</i></p> <p><b>Starlight, Starbright 6-18mos</b> 6:15-7:00 <i>Part of Workshop series.</i> <i>Dec 6, Jan 10, Feb 7</i></p>	<p><b>Boys Winter Workout 7-8yrs</b> 4:30-5:30</p> <p><b>Girls Running Club Winter Workouts 7-12yrs</b> 5:30-6:30</p>	<p><b>U13 Senior Basketball League</b> 5:00-7:00 <i>Senior Basketball League</i></p>



**PRIVATE MUSIC LESSONS**  
**(6-12 years)**

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## PROGRAMS START

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# THURSDAY

WINTER 2017/2018  
ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	KITCHEN	74 JOY STREET	CHARLESTOWN	HUNTINGTON YMCA	
<b>Jumping Jacks Gym 1-3yrs</b> 9:15-10:00 10:15-11:00 11:15-12:00	<b>Paint &amp; Play 12mos-3yrs</b> 9:15-10:00 10:15-11:00 <b>Scribble &amp; Squish 12-24mos</b> 11:15-12:00	<b>NEW Infant Developmental Movement - Move Baby Move Infants 6wks-5mos</b> 9:15-10:00 <b>Crawlers 6mos-12mos</b> 10:15-11:00 <b>Walkers 12mos-18mos</b> 11:15-12:00					
<b>Half Kick Soccer 3-5yrs</b> 3:00-3:45	<b>Art of Cooking 3-5yrs</b> 1:00-2:00 <b>Preschool Picasso 3-5yrs</b> 2:30-3:15	<b>Members-Only Playgroup 6 mos-4yrs</b> 12:30 to 2:30 <i>Drop-in program.</i>		<b>February Fun Sports 5-7yrs</b> 1:15-3:15 <i>February 20- also on Tuesday</i> <b>Toddler Storybook Ballet 3-4yrs</b> 3:30-4:15 <b>Storybook Ballet 4-6yrs</b> 4:30-5:15	<b>Tiny Tennis 4-5yrs</b> 2:30-3:15		
	<b>NEW Clay Creations 6-8yrs</b> 4:45-5:30 <b>NEW Art Club 9-12yrs</b> 5:30-6:15	<b>Hindi at Hill House 2-6yrs</b> 5:00-5:45	<b>Cocinar con Amigos 4-6yrs</b> 4:00-5:00	<b>PRIVATE MUSIC LESSONS (6-12 years)</b> Choose between 30 or 45 minute lessons with one of our experienced instructors. Call Tori at (617) 227 5838 ext. 14 to coordinate!		<b>U9 Junior Basketball League</b> 5:00-7:00 <i>Junior Basketball League</i>	



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# FRIDAY

## WINTER 2017/2018 ATHLETIC AND PROGRAM GUIDE

### MAIN ASSEMBLY ROOM

**Tumble Time 2-4yrs**  
9:30-10:15  
10:30-11:15

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

**Friday Night Out 3-10yrs**  
6:15-9:15  
*Dec 15, Jan 26, Mar 2*  
**Tween Event 11-14yrs**  
7:00-9:00  
*February 9*

### ART ROOM

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

**Yoga 3-5yrs**  
4:30-5:15  
**Yoga 6-8yrs**  
5:15-6:00

### 74 JOY

**Bitty Basketball 3-4.5yrs**  
3:30-4:15

**Advanced Born to Play Baseball 5-7yrs**  
4:15-5:00  
**U6 Basketball 4.5-5yrs**  
5:00-6:00  
**NEW Winter Baseball Clinic 7-12yrs**  
6:05-6:50

### BOSTON ATHLETIC CLUB



**Tennis Club**  
5:00-6:00

### PRIVATE MUSIC LESSONS (6-12 years)

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# WEEKEND

WINTER 2017/2018  
ATHLETIC AND PROGRAM GUIDE

## SATURDAY

### JOY STREET

#### Half Kick Soccer 3-4.5yrs

9:30-10:15

#### U6 Soccer 4.5-6yrs

10:15-11:00

#### Pick-Up Basketball Games 7-10yrs

11:00-12:00

**NEW** Futsal League Games  
Various Locations



## SUNDAY

### JOY STREET

**NEW** Indoor Lacrosse

2:00-2:45 (4-6yrs)  
3:00-4:00 (7-8yrs)  
4:00-5:00 (9-12yrs)

### FIREHOUSE

*The Sunday Series -  
One-off special events at  
the Firehouse this winter.*

#### Dads & Donuts

9:00-11:00

January 21

#### Party Animals 2-8yrs

11:00-1:00

January 28

#### Gift Making Workshop 2-12 yrs

1:00-3:00

December 17

#### Fashionista Fun 6-12yrs

1:00 - 2:30

January 7

#### Art and Hearts Workshop

1:00-2:30

February 11

**NEW** New & Expecting  
Parents Workshop Series

Dec 10 - Infant Sign Language

Jan 21 - Baby Yoga

Feb 11 - Musical Playdate



### NEW & EXPECTING PARENTS WORKSHOP SERIES

Lookout for everything from infant CPR to prenatal yoga  
to baby basic classes, all led by professional experts!  
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WINTER 2017/2018  
ATHLETIC AND PROGRAM GUIDE

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

## ART

### **NEW** Art Club (9-12yrs)

Thursday | 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 new Art Club members.

### Art Travelers (4-5 years)

Tuesdays | 4:30

Curious about other countries? Dying to make structures like the Eiffel Tower? Itching to introduce your little artist to famous works from the Impressionist and Renaissance periods? Join us in the art room to discover the different styles, techniques and places of Europe. Focusing mainly on Venice and Paris, we will use watercolors as we explore the Venetian canals, make sculptures that mimic famous buildings and use oil pastels as we learn how to sketch skylines of far-away spaces.

### Art & Heart Workshop

Sunday February 11 | 1:00-2:30

Get ready to put your heart into your art! Come spend your Sunday creating love filled treats, cards and crafts for those special to you! Get ready to draw, design and decorate!

### **NEW** Clay Creations (6-8 yrs)

Thursdays | 4:45

This class will encourage your young artist to expand their creativity and explore the world of clay through both practical and decorative art. These projects will encourage each student to bring their creativity to life in 3D! Come ready to design, mold and create!

### Fashionista Fun (6-12yrs)

Sunday January 7 | 1:00-2:30

Get ready to strut your stuff during a workshop focused on fashion! Your young designer will have the chance to use their imagination as they create different pieces of wearable art! Crafters will take home accessories for themselves- and even their dolls, too!

### Gift Making Workshop (2-12yrs)

Sunday December 17 | 1:00-3:00

Join us during the season for giving as we spend time making a variety of gifts for friends and families in a Hill House Winter Wonderland. This is a great chance to spend time with others in the community and make something special!

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

Tuesdays | 9:15

One of the most intriguing ways that youngsters express themselves is through art. As children draw, paint and make collages, they are learning about the world. Art can give

toddlers a sense of color coordination and spatial relationships. In this class our kiddos will express themselves through the use of different materials and techniques. Join us in the art room as we use a rainbow of colors, clay, paint, paste and so much more to pique your child's curiosity and creativity in this exciting multimedia program.

### 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! Explore various art stations and projects with different textures, materials and mediums! 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 (12mos-3yrs)

Monday | 10:15

Tuesday | 10:15

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!

### Paint by Letter (2-4 years)

Tuesdays | 3:30

This class will encourage your artist's creativity with the use of some of their favorite books. Each session will focus on a different letter, and use a series of different books to help your little one to recognize how to form those letters. We'll use Dr. Seuss' The Lorax to learn the angles of the letter L, round the curves of the letter B in Eric Carle's Brown Bear, Brown Bear, What Do You See? and see how all of the letters interact with Chicka Chicka Boom Boom.



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## Pre-School Picasso (3-5 years)

Thursdays | 2:30

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

## Scribble & Squish (12-24 months)

Mondays | 11:15  
Wednesdays | 11:15  
Thursdays | 11:15  
Friday | 11:15

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!

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

## BASEBALL

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

Fridays | 4:15

This clinic-based program is perfect for any players graduating from T-Ball or in AA looking to prepare for the upcoming spring and master the skills of the next level. Best suited for players with some experience from Born to Play or Hill House Little League, our instructors can challenge these sluggers and dirt dogs to advanced drills and games that will have them ready for coach pitching, making defensive outs, and hitting for extra bases.

### 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. Your future big leaguer will learn the fundamentals of baseball through fun games and activities. Our knowledgeable, 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!

## Indoor Batting Practice (7-12 years)

Mondays | 6:05

Normally any passionate local players may need to travel well outside the city to find a suitable indoor batting cage to get some swings in and develop their hitting stroke. This program, however, allows our athletes to stay right here in Beacon Hill by taking advantage of Hill House's own exclusive cage set-up in our Joy Street gym. With a tunnel-net and other specialized equipment, players can keep their fundamentals sharp through the off-season with tee work and live BP. Other baseball activity will be practiced in our new 'Winter Baseball Clinic' offering later in the week.

### **NEW** Winter Baseball Clinic (7-12 years)

Fridays | 6:05

Perfect for any players at the AAA or Majors levels to stay in 'baseball shape' through the long New England winter at our indoor facility on Joy Street. Led by our top Little League instructors, players will be led through advanced drills to cover all the fundamentals and ensure this group develops good habits and proper mechanics heading into the upcoming season. As always, an emphasis be placed on having fun through challenging games and situational play.

## BASKETBALL

### Bitty Basketball (3-4.5 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 U6 Basketball League when they're the right age.

### Girls Basketball (6-12 years)

Tuesdays | 5:00-6:00

This program is for all girls who want to play and learning the rules of formalized basketball in the comfort of their friends. Through various drills, games, and eventually scrimmages, these sessions will give your daughter the experience and confidence to play in our co-ed league or aspire to play for their girls' team at school when they are older. Coaches will focus on creating a supportive and encouraging environment that will help them grow as players while they learn how fun basketball can be.



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## WINTER 2017/2018 ATHLETIC AND PROGRAM GUIDE

### 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.

### U6 Basketball (4.5-5 years)

Monday | 5:00-6:00

Tuesday | 5:15-6:15

Fridays | 5:00-6:00

The U6 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 will teach the basics of offensive and defensive play while continuing to focus on good dribbling, passing, shooting, and rebounding techniques.

### U9 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.

### U13 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 I (6-10 years)

Mondays | 4:45-5:45

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

### Chess II (8-12 years)

Mondays | 5:45-6:45

This class concentrates on sharpening participants' understanding of the fundamentals of chess while learning specific offensive and defensive strategies. Players will enjoy the competition and sportsmanship of playing classmates and may challenge their instructor, a world chess master!

## COOKING

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

Thursdays | 1:00-2:00

Whether your child is interested in becoming a head chef or simply creating a delicious snack, Art of Cooking is a wonderful opportunity to give your child a taste of creating in the kitchen! Connect your culinary explorer to old favorites and a few new things, too! In addition to yummy 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.

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

## DANCE

### Toddler Storybook Ballet (3-4 years)

Thursdays | 3:30

Storytelling and pre-ballet instruction combine to create fairy tale-inspired classes full of adventure and fun. Proper classroom etiquette gives children a foundation for learning ballet basics. This class will cover the basics. For the next "step", see Storybook Ballet.

**Please note:** this is a drop-off class. All participants must be potty-trained.



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WINTER 2017/2018  
ATHLETIC AND PROGRAM GUIDE

## Storybook Ballet (4-6 years)

Thursdays | 4:30

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

## **NEW** Musical Theater Dance (5-7 years)

Tuesdays | 4:15-5:15

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 start off with tap basics and end with tumble time! Tappers will learn to recognize rhythm and explore their inner beat while tumblers will use the mats to roll, skip and jump. Please note: This is a drop-off class. All participants must be potty-trained.

## ETIQUETTE

### Mind your Manners (6-9yrs)

Wednesdays | 4:30 Begins January 3

This fun and unique class will help strengthen your child's social skills, and heighten their awareness of manners and self-presentation. Furthermore, we will work with them to improve their ability to manage their own behavior at home, at school, on play dates, and in restaurants. Students will learn by engaging in role-playing activities, class participation, and improvisation. The last class is held at a local upscale restaurant where students practice and perfect their newly acquired skills while participating in a four-course meal! Please note, no regularly scheduled class will take place on that day.

## FENCING

### Beginner Fencing (5-12 years)

Mondays | 5:30

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

### Intermediate Fencing (7-12 years)

Mondays | 6:30

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

## FAMILY FUN

### Dads & Donuts (1-6 years)

Sunday, January 21 | 9:00-11:00

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 15, Jan 26 and Mar 2 | 6:15-9:15

Formerly Parents Night Out. Drop your

kids off at their all-time favorite place while you enjoy an evening without your love-able junior family members in tow. 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. Join us for a win-win experience: fun for the wee ones and a night off for our parents!

### Party Animals (2-8 yrs)

Sunday Jan 28 11:00-1:00

Calling all Party Animals! Hear us Roar! Come dressed as your favorite animal as we turn Hill House in to a Jungle for the day! Join us for art, games and refreshments as you hang out with your kiddos and socialize with other families in the neighborhood! It'll be a wild time- we're not "lion"!

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

Wednesday, Dec 6, Jan 10 and Feb 7 | 6:15

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



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

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



## REGISTRATION

Opens Oct 17 for members  
Oct 19 for non-members

## PROGRAMS START

the week of November 27



# PROGRAM DESCRIPTIONS

All programs run for 45 minutes unless otherwise noted

WINTER 2017/2018  
ATHLETIC AND PROGRAM GUIDE

## Tween Event (11-14 years)

February 9 | 7:00-9:00

Save the date for another awesome get together for our 10-14 year olds! The theme of the night will be seasonally appropriate!

## FEBRUARY VACATION PROGRAMS

### February Fun Sports (5-7 years)

February 20 and February 22 | 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, baseball 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.

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

Thursdays | 5:00

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

### Mundo de Colores (12 months-3 years)

Fridays | 9:15

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

## Vamos a Saltar! (1-4 years)

Mondays | 9:30 and 10:30

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

## ICE SKATING

### NEW Learn to Skate (4-12 years)

Mondays | 5:00

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!

## KARATE

### Beginner Karate (5-6 years)

Mondays | 4:30

Tuesdays | 3:30

Beginner Karate focuses on rule-play and trusting that three basic rules will ensure a safe martial arts experience! Children will learn the most basic dojo (training hall) etiquette: how to bow and how to listen with their eyes. Attentive practice will keep students aware of their surroundings and fellow

students as they begin to learn the basics of sparring in relation to defending themselves. Raising their hand to speak, or demonstrating the Statue of Liberty, gives them a lot of power and a voice in the class.

### Intermediate Karate (7-12 years)

Tuesdays | 4:30

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



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## Kiddie Karate (3-4 years)

Mondays | 3:30

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

## LACROSSE

### Indoor Lacrosse (4-6 years)

Sundays | 2:00

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 allows for skill building in a safe environment.

### Indoor Lacrosse (7-8 years)

Sundays | 3:00-4:00

Expert instruction will challenge players at their own level, whether they are new to the game or getting ready for the spring season. Softer equipment and no contact allows for skill building in a safe environment. Space will be limited for this indoor program.

### Indoor Lacrosse (9-12 years)

Sundays | 4:00-5:00

The Hill House coach looks forward to challenging players on their stick handling and an assortment of skills in this weekly clinic. Softer equipment and no contact allows for

skill building in a safe environment. Space will be limited for this indoor program so register quickly to get ready for the spring.

## MUSIC

### Little Groove Music (3 months-4 years)

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

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

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

### Music Together (0-5 years)

Mondays | 9:15 and 10:15

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

## Private Music Lessons (6-12 years)

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 violin 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 New Parents Group (0-6mos)

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.

### NEW 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.

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

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.

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

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.



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## **NEW** NEW AND EXPECTING PARENTS WORKSHOP SERIES

### Infant Sign Language

Sunday December 10 | 10:00

Join us for an interactive parent/child class that will help with language development! Through games, songs, books and fun, this class can make communicating with your little one that much easier.

### Baby Yoga

Sunday January 21 | 10:00

This class is for both parents and babies. Bond with your baby and other new parents in the local community. All actions promote healing and wellness through fun challenges while babies are gently and safely included in the class through partner poses and practices. This will be a mix of postnatal yoga and development of your baby.

### Musical Playdate

Sunday February 11 | 10:00

This class is for both parents and babies. Bond with your baby and other new parents in the local community. All actions promote healing and wellness through fun challenges while babies are gently and safely included in the class through partner poses and practices. This will be a mix of postnatal yoga and development of your baby.

### Infant CPR

Date and Time TBA

Essential for new and expecting parents. Through a fully qualified instructor, learn all the key aspects of first aid and CPR for infants. Meet other parents and discuss concerns or questions you may have so you can be as prepared as possible for the road ahead!

### PLAYGROUP

#### 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 | 1:00-3:00

Wednesdays | 1:00-3:00

Join us for playtime in a fun and open setting!

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

### SOCCER

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

Mondays | 1:30 and 2:15

Wednesday | 2:15

Thursdays | 3:00

Saturdays | 9:15 - 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.

#### **NEW** Indoor Soccer - Futsal (6-12 years)

Mondays | 5:00-6:00

Futsal 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. Played with a smaller, heavier ball and on a basketball court surface, Futsal demands more emphasis on skills, passing and dribbling on the ground. Played by the leading soccer nations around the world and growing in the USA.

### Futsal League (United Players Only)

Saturdays | Various times

Speak with your team manager or Marshall Caldera to join your team on the Futsal courts this winter. This fast paced, foot skills weighted game will put your young soccer player through their paces and experience a whole new way of playing the game.

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

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

Mondays | 3:15

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. They will observe what happens when vinegar and baking soda combine, discuss density as we see which objects sink or float. 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)

Tuesdays | 3:30

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



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## STEM Investigators (6-9 years)

Tuesdays | 4:30

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

## TENNIS

### Tiny Tennis (4-5 years)

Thursdays | 2:30

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

### Tennis Club (6-12 years)

Fridays | time TBA

Join us on the indoor tennis courts this winter and stay active through the cold months! Grab your racquet and meet us at the Boston Athletic Club to build your tennis skills. Learn from the expert instructors and play with players at the same age and ability. There will be limited space in these classes.

## THEATRE

### Musical Theatre & Arts (6-10years)

Wednesdays | 4:00-5:30 (6-7yrs)

Wednesdays | 4:45-6:15 (8-10yrs)

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

## TUMBLING & MOVEMENT

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

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

Toddlers run, jump, crawl, roll and wiggle through activities encouraging sharing, basic socialization, 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 pre-schoolers to develop basic tumbling, motor and socialization skills along with 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.*

## YOGA

### Yoga (3-8 years)

Fridays | 4:30-5:15 (3-5yrs) 5:15-6:00 (6-8yrs)

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

## WORKOUTS

### Boys Winter Workout (7-8 years)

Wednesdays | 5:30 - 6:30

Join us indoors at our gym on Joy Street! Keep your energetic boys active throughout the cold winter with this class centered on fitness but focused on fun! Whether it be fun games, races, or obstacle courses, we'll throw as much as we can at them to keep everyone moving and spent by the end of the session!

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

Wednesdays | 4:30 - 5:30

Keep your girls running by joining our great coaches indoors at our indoor gym on Joy Street! This favorite moves indoors to make sure this club keeps moving through the cold winter months before they can get back outside and running. With a diverse set of curriculum involving yoga, basic fitness, agility, and overall speed/strength development, come have fun socializing with the other girls while learning about different health and fitness topics!



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WINTER 2017-2018

# ATHLETIC AND PROGRAM GUIDE

## WHO WE ARE

Hill House offers more than 90 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 are invited to spend Snow Days at the Firehouse, can register early for programs at a reduced rate and are able to participate in free art and playgroup programs.

CALL 617-227-5838, x10

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

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

## QUESTIONS?

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

Meredith Adamczyk,  
*Director of Development & Marketing*  
[madamczyk@hillhouseboston.org](mailto:madamczyk@hillhouseboston.org) x22

Sam Renshaw, *Program Director*  
[srenshaw@hillhouseboston.org](mailto:srenshaw@hillhouseboston.org) x11

Marshall Caldera,  
*Senior Athletics Coordinator*  
[mcaldera@hillhouseboston.org](mailto:mcaldera@hillhouseboston.org) x13

Patty Kennedy, *Finance Manager*  
[pkennedy@hillhouseboston.org](mailto:pkennedy@hillhouseboston.org) x12  
*General program inquiries*

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

Beth Jameson, *Office Manager*  
[bjameson@hillhouseboston.org](mailto:bjameson@hillhouseboston.org) x10

## General Program Inquiries

Contact our front desk (617) 227-5838 -x10

## 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 17

Winter registration for members

### October 19

Winter registration for non-members

### November 27

First day of winter programming

### December 2 & 3

Hill House's Tree & Wreath Sale

### December 7

Photos with Santa

### December 15

Friday Night Out

### December 17

Gift Making Workshop

### December 19-January 1

Hill House closed

### January 7

Fashionista Fun

### January 13-15

Hill House closed

### January 16

Camp registration opens for returning families

### January 18

Camp registration opens to all

### January 21

Dads & Donuts

### January 26

Friday Night Out

### January 28

Party Animals

### February 6

Spring registration opens for members

### February 8

Spring registration opens for non-members

### February 8

Kids' Valentine's Day Party

### February 9

Teen Event

### February 11

Art and Hearts Craft

### February 17-19

Hill House closed.

### February 20

February Fun Sports I

### February 22

February Fun Sports II

### March 2

Friday Night Out



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