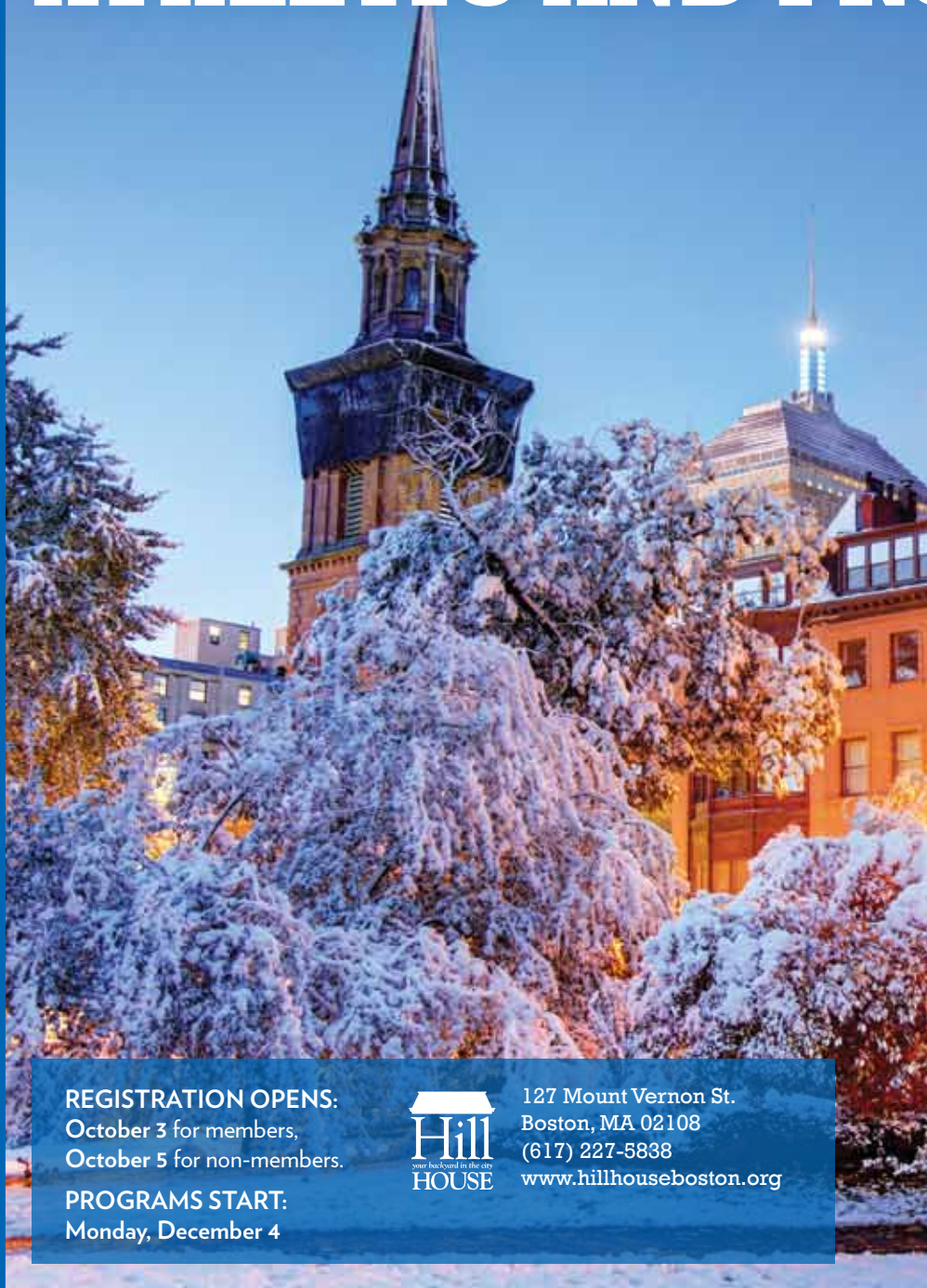


WINTER 2023-2024

# ATHLETIC AND PROGRAM GUIDE



REGISTRATION OPENS:  
October 3 for members,  
October 5 for non-members.

PROGRAMS START:  
Monday, December 4





127 Mount Vernon St.  
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# MONDAY

**WINTER  
2023-2024**

MAIN ASSEMBLY ROOM (MAR)	ART ROOM	YELLOW ROOM	CLASSROOM	74 JOY STREET	HUNTINGTON AVE YMCA	STERITI RINK
<p><b>Jumping Jacks Gym (1-3 yrs)</b> 9:15-10:00</p> <p><b>Jumping Jacks Gym (1-3 yrs)</b> 10:15-11:00</p> <p><b>Jumping Jacks Gym (1-3 yrs)</b> 11:15-12:00</p>	<p><b>Paint &amp; Play (1-3 yrs)</b> 9:15-10:00</p> <p><b>Sensory Art (1-3 yrs)</b> 10:15-11:00</p> <p><b>Mundo de Colores (1-3 yrs)</b> 11:15-12:00</p>		<p><b>ABC Spanish in Motion (0-5 yrs)</b> 9:30-10:15</p> <p><b>ABC Spanish in Motion (0-5 yrs)</b> 10:30-11:15</p>			
<p><b>Ninja Warrior (3-5 yrs)</b> 1:30-2:10</p> <p><b>Tennis Club Skills (3-4 yrs)</b> 3:00-3:40</p> <p><b>Tennis Club Skills (5-6 yrs)</b> 3:45-4:25</p>	<p><b>Open Art (1-5 yrs)</b> 12:00-1:00</p> <p><b>Pre-school Picasso (3-5 yrs)</b> 3:30-4:15</p>	<p><b>Intro to Electronics : Fun with Circuits (5-7 yrs)</b> 3:45-4:40</p> <p><b>LEGO Junior Engineers (7-12 yrs)</b> 4:55-5:50</p>		<p><b>Bitty Basketball (3-5 yrs)</b> 3:00-3:40</p> <p><b>Bitty Basketball (3-5 yrs)</b> 3:45-4:25</p>		
<p><b>Beginner Foil Fencing (5-12 yrs)</b> 5:15-5:55</p> <p><b>Intermediate Foil Fencing (5-12 yrs)</b> 6:00-6:40</p> <p><b>Advanced Fencing (7-12 yrs)</b> 6:45-7:30</p>		<p><b>Amazing LEGO Machines (7-12 yrs)</b> 6:05-7:00</p>		<p><b>6U Basketball (5-6 yrs)</b> 4:30-5:10</p> <p><b>United Grade 3-4 Girls Futsal Practice</b> 5:15-5:55</p> <p><b>United Grade 3-4 Boys Futsal Practice</b> 6:00-6:50</p>	<p><b>8U Junior Basketball League (7-8 yrs)</b> 5:00-7:00</p>	<p><b>Start to Skate (4-10 yrs)</b> 5:00-5:50</p> <p><b>Hockey Skating Skills (6-12 yrs)</b> 5:00-5:50</p> <p><b>Figure Skating Skills (6-12 yrs)</b> 5:00-5:50</p>

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# TUESDAY

**WINTER  
2023-2024**

MAIN ASSEMBLY ROOM (MAR)	ART ROOM	CLASSROOM	KITCHEN	74 JOY	HUNTINGTON AVE YMCA
<p><b>Vamos a Saltar (1-3 yrs)</b> 9:15-10:00</p> <p><b>Jumping Jacks Gym (1-3 yrs)</b> 10:15-11:00</p> <p><b>Tumble Time (2-4 yrs)</b> 11:15-12:00</p>	<p><b>Sensory Art (1-3 yrs)</b> 9:15-10:00</p> <p><b>Paint &amp; Play (1-3 yrs)</b> 10:15-11:00</p> <p><b>Animal Art Education (1-3 yrs)</b> 11:15-12:00</p>	<p><b>Little Groove Music (3mo-4 yrs)</b> 9:30-10:00</p> <p><b>Little Groove Music (3mo-4 yrs)</b> 10:15-10:45</p> <p><b>Little Groove Music (3mo-4 yrs)</b> 11:00-11:30</p>			
<p><b>Superhero Multi-Sports (3-5 yrs)</b> 1:30-2:10</p> <p><b>Tennis Club Skills (3-4 yrs)</b> 3:00-3:40</p> <p><b>Tennis Club Skills (5-6 yrs)</b> 3:45-4:25</p> <p><b>Tennis Club Skills (Beginner) (6-12 yrs)</b> 4:30-5:10</p>	<p><b>Open Art (1-5 yrs)</b> 1:00-2:00</p> <p><b>Pre-school Picasso (3-5 yrs)</b> 3:30-4:15</p> <p><b>Clay Creations (3-5 yrs)</b> 4:30-5:15</p>	<p><b>Little Printmakers (3-5 yrs)</b> 3:00-3:45</p> <p><b>Stuffed Animal Art (5-7 yrs)</b> 4:00-4:45</p>		<p><b>Bitty Basketball (3-5 yrs)</b> 3:00-3:40</p> <p><b>6U Basketball League (5-6 yrs)</b> 3:45-4:25</p> <p><b>Kiddie Karate (3-5 yrs)</b> 4:30-5:10</p>	<p><b>Girls Junior Basketball League (6-8 yrs)</b> 4:30-5:30</p>
<p><b>Tennis Club Skills (Advanced) (7-12 yrs)</b> 5:15-5:55</p>	<p><b>Mixed Media Art (8-12 yrs)</b> 5:00-5:45</p>	<p><b>Musical Theatre &amp; Arts Combo (6-9 yrs)</b> 5:15-6:45</p>	<p><b>Cocinar con Amigos (5-7 yrs)</b> 5:15-6:00</p> <p><b>Art of Cooking II (5-8 yrs)</b> 6:15-7:00</p>	<p><b>Kiddie Karate (3-5 yrs)</b> 5:15-5:55</p> <p><b>Beginner Karate (6-8 yrs)</b> 6:00-6:40</p> <p><b>Intermediate Karate (8-10)</b> 6:45-7:30</p>	<p><b>Girls Senior Basketball League (9-12 yrs)</b> 5:30-7:00</p>



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# WEDNESDAY

**WINTER  
2023-2024**

MAIN ASSEMBLY ROOM (MAR)	ART ROOM	CLASSROOM	KITCHEN	74 JOY	HUNTINGTON AVE YMCA
<p><b>Jumping Jacks Gym (1-3 yrs)</b> 9:15-10:00</p> <p><b>Jumping Jacks Gym (1-3 yrs)</b> 10:15-11:00</p> <p><b>Jumping Jacks Gym (1-3 yrs)</b> 11:15-12:00</p>		<p><b>Music Together (0-5 yrs)</b> 9:15-10:00</p>			
<p><b>Open Playgroup (1-5 yrs)</b> 12:00-1:00</p> <p><b>Born to Play Baseball</b> 1:30-2:10</p> <p><b>Tennis Club Skills (3-4 yrs)</b> 3:00-3:40</p> <p><b>Tennis Club Skills (5-6 yrs)</b> 3:45-4:25</p> <p><b>Tennis Club Skills (Beginner) (6-12 yrs)</b> 4:30-5:10</p>	<p><b>Watercolor Wednesdays (3-5 yrs)</b> 3:00-3:45</p> <p><b>Storybook Science (4-6 yrs)</b> 4:00-4:45</p>		<p><b>Art of Cooking- Movie Meals (6-9 yrs)</b> 5:30-6:15</p> <p><b>Advanced Art of Cooking (8-10)</b> 6:30-7:15</p>		
<p><b>Tennis Club Skills (Advanced) (7-12 yrs)</b> 5:15-5:55</p>		<p><b>Buildwave (5-12 yrs)</b> 4:15-5:00</p> <p><b>Intro to Songwriting (7-12 yrs)</b> 6:15-7:00</p>		<p><b>Bitty Basketball (3-5 yrs)</b> 3:00-3:40</p> <p><b>6U Basketball League (5-6 yrs)</b> 3:45-4:25</p> <p><b>Pre Storybook Ballet (3-5 yrs)</b> 4:35-5:20</p>	
				<p><b>Storybook Ballet (5-7 yrs)</b> 5:25-6:10</p>	<p><b>13U Basketball League (11-13 yrs)</b> 5:00-7:00</p>

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# THURSDAY

**WINTER  
2023-2024**

MAIN ASSEMBLY ROOM (MAR)	ART ROOM	YELLOW ROOM	CLASSROOM	KITCHEN	74 JOY	HUNTINGTON AVE YMCA
<b>Vamos a Saltar (1-3 yrs)</b> 9:15-10:00 <b>Jumping Jakcs Gym (1-3 yrs)</b> 10:15-11:00 <b>Tumble Time (2-4 yrs)</b> 11:15-12:00	<b>Sensory Art (1-3 yrs)</b> 9:15-10:00 <b>Paint &amp; Play (1-3 yrs)</b> 10:15-11:00 <b>Animal Art Education (1-3 yrs)</b> 11:15-12:00					
<b>Superhero Multi-Sports (3-5 yrs)</b> 1:30-2:10 <b>Tennis Club Skills (3-4 yrs)</b> 3:00-3:40 <b>Tennis Club Skills (5-6 yrs)</b> 3:45-4:25 <b>Tennis Club Skills (Beginner) (6-12 yrs)</b> 4:30-5:10	<b>Art with Loose Parts (3-5 yrs)</b> 3:30-4:15 <b>Fashion Design (5-7 yrs)</b> 4:00-4:45	<b>Minecraft Architecture (7-11 yrs)</b> 4:00-4:55	<b>Ultimate Craft Workshop (3-5 yrs)</b> 3:00-3:45 <b>Improv (5-8 yrs)</b> 4:15-5:00		<b>Bitty Basketball (3-5 yrs)</b> 3:00-3:40 <b>6U Basketball (3-5 yrs)</b> 3:45-4:25 <b>Kiddie Karate (3-5 yrs)</b> 4:30-5:10	
<b>Tennis Club Skills (Advanced) (7-12 yrs)</b> 5:15-5:55 <b>Tumble &amp; Cheer (6-10)</b> 6:15-7:00	<b>Painting with the Masters (8-12 yrs)</b> 5:00-5:45	<b>Intro to Programming with Scratch (7-11 yrs)</b> 5:10-6:05 <b>3-D Printing Design (9-12 yrs)</b> 6:20-7:15	<b>Improv II (7-12 yrs)</b> 5:15-6:00	<b>Junior Bake Off (6-8 yrs)</b> 5:00-6:00 <b>Bake Off (8-12 yrs)</b> 6:15-7:15	<b>Kiddie Karate (3-5 yrs)</b> 5:15-5:55 <b>Beginner Karate (6-8 yrs)</b> 6:00-6:40 <b>Intermediate Karate (8-10 yrs)</b> 6:45-7:30	
						<b>10U Basketball League (9-10 yrs)</b> 5:00-7:00

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# FRIDAY

**WINTER  
2023-2024**

MAIN ASSEMBLY ROOM (MAR)	ART ROOM	CLASSROOM	74 JOY
	<b>Mundo de Colores (1-3 yrs)</b> 9:15-10:00 <b>Paint &amp; Play (1-3 yrs)</b> 10:15-11:00 <b>Mundo de Colores (1-3 yrs)</b> 11:15-12:00	<b>Little Groove Music (3mo-4 yrs)</b> 9:30-10:00 <b>Little Groove Music (3mo-4 yrs)</b> 10:15-10:45 <b>Little Groove Music (3mo-4 yrs)</b> 11:00-11:30	
<b>Half Kick Soccer (3-5 yrs)</b> 12:30-1:10 <b>Ninja Warrior Training (3-5 yrs)</b> 1:30-2:10 <b>Get into Gymnastics (3-4 yrs)</b> 4:00-4:40 <b>Get into Gymnastics (5-6 yrs)</b> 4:50-5:30	<b>Open Art (1-5 yrs)</b> 12:30-1:30 <b>Art &amp; the Environment (3-5 yrs)</b> 3:00-3:45 <b>Science Experiment Explorers (3-5 yrs)</b> 4:00-4:45	<b>Chess Club (Beginner) (5-7 yrs)</b> 4:15-5:00	<b>Bitty Basketball (3-5 yrs)</b> 4:00-4:40 <b>6U Basketball (5-6 yrs)</b> 4:45-5:25 <b>Winter Baseball (7-9 yrs)</b> 5:35-6:15
<b>Gymnastics I (6-10 yrs)</b> 5:40-6:20		<b>Chess Club (Advanced) (7-12 yrs)</b> 5:15-6:00	<b>Baseball Batting Practice (8-12 yrs)</b> 6:20-7:00



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# WEEKEND

## SATURDAY

### MAIN ASSEMBLY ROOM (MAR)

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

9:00-9:40

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

9:50-10:30

#### Gymnastics I (6-10 yrs)

10:40-11:20

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

11:30-12:10

### ART ROOM

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

9:30-10:15

#### Preschool Picasso (3 to 5 yrs)

10:30-11:15

#### Art of Cooking (5 to 8 yrs)

11:30-12:15

### JOY ST

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

9:45-10:25

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

10:30-11:10

#### 6U Futsal Clinics (5-6 yrs)

11:15-11:55

#### 8U Futsal Clinics (7-8 yrs)

12:00-12:40



WINTER  
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## SUNDAY

### JOY ST

#### Tennis Club Skills (3-4 yrs)

12:00-12:40

#### Tennis Club Skills (5-6 yrs)

12:50-1:30

#### Tennis Club Skills (Beginner) (6-12 yrs)

1:40-2:20



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# PROGRAM DESCRIPTIONS

*Schedule is subject to change. All programs run for 45 minutes unless otherwise noted.*

**NOTE:** Participants must meet a program's minimum age requirement by December 1, 2023.

## ART

### Animal Art Education (1-3 yrs)

**Tuesdays, Thursdays | 11:15 am**

In this art class, students will focus on a different animal each week, learning about what makes them special like where they are from and what they eat. After learning about the animal, students will create an art project inspired by the animal, merging zoology with creating!

### Art & the Environment (3-5 yrs)

**Fridays | 3:00 pm**

Get artsy while saving the planet! You won't believe the treasures we'll create out of often-overlooked household items. We'll also create sculptures from nature as well as introduce different art techniques. Creating art while learning about our environment is the way of the future!

### Art with Loose Parts (3-5 yrs)

**Thursdays | 3:30 pm**

Grab your curious creator and get ready to build some skills! This class will teach the importance of problem solving through various materials. It will also be an introduction to 3D art and sculptures through fun projects.

### Clay Creations (3-5 yrs)

**Tuesdays | 4:30 pm**

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

### Fashion Design (5-7 yrs)

**Thursdays | 4:00 pm**

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

### Little Printmakers (3-5 yrs)

**Tuesdays | 3:00 pm**

Join us for Little Printmakers where artists will begin exploring textile arts, printmaking and book binding. This class will allow preschoolers to explore a field of art full of creativity and driven by their interests. Join us to create stamps and magical pieces to take home.

### Mixed Media Art (8-12 yrs)

**Tuesdays | 5:00 pm**

Mixed Media Art 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 provides children with inventive art instruction and projects that will bring to life the wonderful world of creative expression. This is an advanced (8-12 year olds) art class.

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

**Mondays | 11:15 am**

**Fridays | 9:15 am, 11:15 am**

**Saturdays | 9:30 am**

Art projects and crafts will help your little one learn simple Spanish words and phrases. With



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

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

**Mondays | 9:15 am**

**Tuesdays, Thursdays, Fridays | 10:15 am**

Join us for a hands-on, messy class letting your child create and play through different types of art! They will interact with other children

## WINTER 2023-2024

through dramatic and pretend play by using various textures, materials, and mediums. Come ready to explore the world of art!

### Painting with the Masters (8-12 yrs)

**Thursdays | 5:00 pm**

This class will combine art techniques with art history while looking at different master artists' oeuvres d'art (works of art). Explore Monet, Van Gogh, Picasso, Duchamp, Dalí, Pollock, Warhol as we travel through time while creating our own masterpieces. This is an advanced (8-12 year olds) art class.

### Preschool Picasso (3-5 yrs)

**Mondays, Tuesdays | 3:30 pm**

**Saturdays | 10:30 am**

Wade into the art world and its most popular mediums: paint, clay, watercolors, and solids. Pre-School Picasso will focus on pre-school related themes, activities, and developmental goals. Participants will develop visual and fine motor skills, practice sequencing and arranging, and gain a more detailed awareness of colors, shapes, shades, and textures.

### Sensory Art (1-3 yrs)

**Mondays | 10:15 am**

**Tuesdays, Thursdays | 9:15 am**

Come and explore through various modes of sensory play. Each week we will introduce new materials and activities to help engage our little ones' minds through textures, touch, sight, sound, and movement. Sensory play is a wonderful opportunity to play, explore, learn, and to create in a fun process-based environment.

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## Stuffed Animal Art (5-7 yrs)

**Tuesdays | 4:00 pm**

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

## Ultimate Crafts Workshop (3-5 yrs)

**Thursdays | 3:00 pm**

Join us in creating art projects with weekly fun themes! This interactive class will allow your child to explore new art techniques while creating something unique to bring home. By definition, crafting is creating and making things by hand, so get ready to get messy and craft with us in the Ultimate Craft Workshop.

## Watercolor Wednesdays (3-5 yrs)

**Wednesdays | 3:00 pm**

Watercolor can be one of the easiest or most demanding materials in an artist's arsenal. Here, we will take a step-by-step approach to working with it most effectively so that each and every student can feel confident in their ability to work in this medium. We will start by working in small format and finish with one large painting. Inspiration images and group brainstorming will be a part of this creative and fun class.

## BASEBALL

### Baseball Batting Practice (8-12 yrs)

**Fridays | 6:20 pm**

Hitting, hitting, and more hitting! In this program we will focus on improving each batter's swing focusing on stance, timing, swing path, and much more through tee work and live pitching.

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

**Wednesdays | 1:30 pm**

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

## Winter Baseball (7-9 yrs)

**Fridays | 5:35 pm**

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 (3-5 yrs)

**Mondays | 3:00 pm, 3:45 pm**

**Tuesdays, Wednesdays, Thursdays | 3:00 pm**

**Fridays | 4:00 pm**

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



## 6U Basketball (5-6 yrs)

**Mondays | 4:30 pm**

**Tuesdays, Wednesdays, Thursdays | 3:45 pm**

**Fridays | 4:45 pm**

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

## 8U Junior Basketball League (7-8 yrs)

**Mondays | 5:00 – 7:00 pm**

The 8U Junior Basketball League gives co-ed players the opportunity to play basketball in a supportive environment that emphasizes fun, sportsmanship, and skill building. The season begins with three skills clinics before the holiday break. In the new year, children will be assigned teams and sessions will be broken into skills clinics while mixing in regular season games. The end of the year will hold a 8U playoff tournament and all-star games for all of our players.

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## 10U Senior Basketball League (9-10 yrs)

**Thursdays | 5:00 – 7:00 pm**

The 10U Senior Basketball League gives co-ed players the opportunity to play basketball in a supportive environment that emphasizes fun, sportsmanship while building on all the skills taught from the 6U and 8U levels. Returning in the winter 2023-2024 season, the schedule begins with three skills clinics before the holiday break. In the new year, children will be assigned teams and sessions will be broken into one-hour clinics and regular season games. The season will end with a 10U playoff tournament and all-star games for all players.

## 13U Pro Basketball League (11-13 yrs)

**Wednesdays | 5:00 – 7:00 pm**

The Hill House 13U Pro Basketball League exists for our older basketball players. Each week focuses on layered development as we provide a challenging environment for players who aspire to reach their full potential. Returning in the winter 2023-2024 season, the schedule begins with three skills clinics before the holiday break. In the new year, children will be assigned

teams and sessions will be broken into one hour or practice and one hour of games. The season will end with a 13U playoff tournament and all-star games for all our players.

## Girls Intro Basketball League

**Junior League (6-8 yrs)**

**Tuesdays | 4:30-5:30 pm**

**Senior League (9-12 yrs)**

**Tuesdays | 5:30 – 7:00 pm**

Back by popular demand! This league suits beginner players learning the rules of formalized basketball with the comfort of friends. Coaches will focus on creating a supportive and encouraging environment that will help participants grow as players while learning how fun basketball can be, and join one of our co-ed leagues in the future. Players will be separated as best as possible based on ages for drills and game-play. Each child will receive a jersey.

## CHESS

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

**Fridays | 4:15 pm**

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

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

**Fridays | 5:15 pm**

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

## COOKING

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

**Wednesdays | 6:30 pm**

Now we're cooking! Older kids who want to continue to learn and build on their love of creating amazing food, Advanced Art of Cooking is for them! Learn more difficult techniques under close supervision. Lots of fun, food, and laughs will be had for our budding master chefs! Participants will work in a supportive and super fun atmosphere while learning to make favorites and new culinary treats. In addition to taking home their masterpieces, children will also create their own cookbooks to take home at the end of the semester.

### Art of Cooking II (5-8 yrs)

**Tuesdays | 6:15 pm**

**Saturdays | 11:30 am**

Whether your child is interested in becoming a head chef or simply creating a delicious snack, the Art of Cooking II is a wonderful opportunity to connect your culinary explorer to old favorites and a few new things, too! This class will develop your child's listening skills, ability to follow directions and work together with others in a fun and creative atmosphere. In addition to taking home tasty treats, children will also create their own cookbooks to take home at the end of the semester.

**WINTER  
2023-2024**

### **NEW** Art of Cooking – Movie Meals (6-9 yrs)

**Wednesdays | 5:30 pm**

This class is for children looking to use their creativity in the kitchen. With the instructor's guidance the class will brainstorm ideas from popular movies and kids TV for inspired food. This can taste like strawberry shortcake Barbie cookies, or blue raspberry Spiderman-smoothies or more!

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

**Tuesdays | 5:15 pm**

**Thursdays | 4:30 pm**

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

### Great Hill House Bake Off (ages 8-12 yrs)

**Thursdays | 6:15 pm**

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

**REGISTRATION OPENS:**

**October 3** for members, **October 5** for non-members.

**PROGRAMS START:** Monday, **December 4**



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

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

# PROGRAM DESCRIPTIONS

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**WINTER  
2023-2024**

## Junior Bake Off (6-8 yrs)

**Thursdays | 5:00 pm**

This class is geared towards younger kids who wish to start their baking experience. Students will bake in this drop-off class to create wonderful bakes and learn how they can improve their skills and techniques in a collaborative experience, with instructor guided lessons, just like they're in a cooking T.V. show!

## DANCE

### Storybook Ballet (5-7 yrs)

**Wednesdays | 5:25 pm**

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

### Pre Storybook Ballet (3-5 yrs)

**Wednesdays | 4:35 pm**

Storytelling and pre-ballet instruction combine to create fairy tale-inspired classes full of adventure and fun. Proper classroom etiquette gives children a foundation for learning ballet basics. Spark your little one's interest in dance at a young age! Please note: this is a drop-off class. All participants must be potty-trained.

## FENCING

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

**Mondays | 5:15-5:55 pm**

Participants will be introduced to the rules of the sport, specifically the style of Epee Fencing. Instructors will demonstrate basic footwork, basic attacks and preparations for attacks and defenses. Our weekly meetings will



include practicing each of these introductory techniques. The beginner course touches upon common technical fencing terms such as piste, parry, riposte, etc. Safety in fencing is emphasized throughout the course. After taking a year of fencing at the beginner level, students will be considered for the intermediate level.

### Intermediate Foil Fencing (5-12 yrs)

**Mondays | 6:00-6:40 pm**

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

### Intermediate /Advanced Fencing (7-12 yrs)

**Mondays | 6:45-7:30 pm**

This program builds upon all beginner instruction and is most valuable when taken after the completion of one year of Beginner Fencing and the Intermediate Fencing courses. Safety and sportsmanship, as always, are emphasized throughout the program. Compound attacks and technical terms associated with more advanced fencing moves will be introduced as students develop technique and understanding of the sport. If time allows, members of the class will participate in 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.

## FITNESS FUN & GYMNASTICS

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

**Fridays | 4:10-4:50 pm**

**Saturdays | 9:00-9:40 am**

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

**Fridays | 5:00-5:40 pm**

**Saturdays | 9:50-10:30 am**

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

### Gymnastics I (6-10 yrs)

**Fridays | 5:40-6:30 pm**

**Saturdays | 10:40-11:20 am**

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

### Gymnastics II (7-10 yrs)

**Saturdays | 11:30 am-12:10 pm**

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

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

**Mondays, Wednesdays | 9:15 am, 10:15 am, 11:15 am**

**Tuesdays, Thursdays | 10:15 am**

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

**REGISTRATION OPENS:**

**October 3 for members, October 5 for non-members.**

**PROGRAMS START: Monday, December 4**



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**WINTER  
2023-2024**

## **Ninja Warrior Training (3-5 yrs)**

**Mondays | 1:30 pm**

**Fridays | 12:30 pm, 1:30 pm, 3:00 pm**

This fun active 'training' will work on skills such as balance, power, speed and agility; turning all participants into future Hill House 'Ninja Warriors!' There will be new obstacle courses each week to test our participants and help strengthen their ninja skills!

## **Superhero Multi-Sports (3-5 yrs)**

**Tuesdays, Thursdays | 1:30 pm**

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

## **Tumble & Cheer (6-10 yrs)**

**Thursdays | 6:15 pm**

Join us for our new and exciting class at Hill House! This class will focus on skills for tumbling for cheerleading such as rolls, dive rolls, walkovers, cartwheels, splits, and more! In addition to your child learning and improving their tumbling skills, they will have the opportunity to explore new cheers and choreographed dances! Welcoming all skill levels and abilities.

## **Tumble Time (2-4 yrs)**

**Tuesdays, Thursdays | 11:15 am**

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.

## **FOREIGN LANGUAGE**

### **ABC Spanish in Motion (0-5 yrs)**

**Mondays 9:30 am, 10:30 am**

This is a fun and interactive class where parents, caregivers, and educators sit with their children to explore the Spanish-language, music, and Latin-American culture. This class is perfect for parents with multiple children of varying ages. Children are exposed to Spanish through songs that create an environment that allows for long periods of listening and exposure, coupled with call-and-response interactivity requiring physical movement. Parents receive a copy of our own music heard in class to enjoy in the car and at home. Games, songs, books, sign language, puppets, parachutes, and toys of class cultivate curiosity and will stimulate children in rewarding ways. This language adventure can take them for a ride on a train (parachute) through the countries of the Americas, or simply popping burbujas (bubbles) in the bath tub with patos (ducks) and ranas (frogs). If your child likes jumping, dancing, and singing this is the perfect class!

### **Vamos a Saltar (1-3 yrs)**

**Tuesdays, Thursdays | 9:15 am**

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



## **ICE SKATING**

### **Figure Skating Skills (6-12 yrs)**

**Mondays | 5:00 pm**

Grab your ice skates and head to Steriti Rink to hone your Figure Skating skills! This class will be taught by experienced professionals and will develop kids with a starting to intermediate knowledge of 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!

### **Hockey Skating Skills (6-12 yrs)**

**Mondays | 5:00 pm**

Hone your Hockey Skating skills at the rink this winter with Hill House! This class will be taught

by an experienced professional and will develop kids with a starting to intermediate knowledge of hockey skating. Skaters will be able to work on their speed and edge work each week to prepare them to join a team in a future winter. A must for all New England kids!

### **Start to Skate (4-10 yrs)**

**Mondays | 5:00 pm**

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!

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**WINTER  
2023-2024**



## KARATE

### Beginner Karate (6-8 yrs)

**Tuesdays, Thursdays | 6:00 pm**

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

### Intermediate Karate (8-10 yrs)

**Tuesdays, Thursdays | 6:45 pm**

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

### Kiddie Karate (3-5 yrs)

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

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

## MUSIC

### **NEW** Intro to Songwriting (7-12 yrs)

**Wednesdays | 6:15 pm**

In this class your child will learn how to express themselves through songwriting, while developing an understanding of song lyrics, arrangement, and music theory. We will explore our creativity individually and as a group through fun weekly writing prompts, musical guest artist visits, and finally in recording a Hill House Album with a selection of our songs!

*There are no prior music or instrument requirements for this class.*

### Little Groove (0-5 yrs)

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

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

### Private Music Lessons (4-13 yrs)

**Mondays, Tuesdays, Wednesdays, Thursdays and Sundays for 10-week sessions**

Our private music lessons provide your child with one-on-one music instruction. We are happy to offer piano, voice, ukulele, guitar and songwriting lessons. Our instructors 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.

## OPEN GROUPS

### Open Art (1-5 yrs)

**Mondays | 12:00 pm**

**Tuesdays, Fridays | 1:00 pm**

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

### Open Playgroup (1-5 yrs)

**Wednesdays | 12:00 pm**

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

## SOCCKER

### 6U Futsal Clinic (5-6 yrs)

**Saturdays 11:15 am**

### 8U Futsal Clinic (7-8 yrs)

**Saturdays 12:00 pm**

### Futsal Clinic (7-12 yrs)

**Sundays TBA**

Indoor Soccer develops excellent foot skills, ball control, patience and promotes a focus on teamwork. 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 same age and ability specific group.

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

**Saturdays | 9:30 am & 10:30 am**

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

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**WINTER  
2023-2024**

## STEM

### 3D Printing Design (9-12 yrs old)

**Thursdays | 6:20 pm**

Design intricate 3D-printable objects using BlocksCAD, a free online program developed here at Einstein's Workshop! Our easy-to-learn software makes coding and 3D design as simple as dragging and dropping blocks of editable code. Each block modifies 3D shapes to create models unique to your style. Develop an intuitive understanding of coordinate geometry while turning your imagination into reality. At the end of the course, you can pick one of your creations to be printed on Einstein's Workshop's 3D printers and taken home!

### Amazing LEGO Machines (7-12 yrs)

**Mondays | 6:05 pm**

Learn how basic mechanics can combine with LEGO to make amazing machines! Make a truly fast car, extender claws, cranes, and more! Explore gears and belt drives and when to use them. This class focuses on mechanics and engineering with human power. With cranks, winches, and pulleys, there is no need for motors or programming.

### Buildwave (5-12 yrs)

**Wednesdays | 4:15 pm**

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

### Intro to Electronics: Fun with Circuits

**(5-7 yrs)**

**Mondays | 3:45 pm**

In this hands-on class, students learn the basics of electronics and the principles of circuitry. Students bring their learning to life by making motors spin, lights shine, and speakers blare! By the end of class, students will get to take home their very own circuitry kit to continue exploring at home!

### Intro to Programming with Scratch

**(7-10 yrs)**

**Thursdays | 5:10 pm**

Learn basic concepts of programming using the incredibly popular programming environment, Scratch, developed by MIT. Scratch is a "block based" programming language where students learn to program by snapping together digital blocks of code. Animate stories and create simple game mechanics. No previous programming experience required!

### LEGO Junior Engineers/Robotics

**(7-12 yrs)**

**Mondays | 4:55 pm**

New to LEGO robotics? Then this is the class for you! Students investigate motorized LEGO models and learn about gears, belts, and motors. After building each model, students solve challenges that exercise their creativity and problem-solving skills in addition to improving their understanding of how machines work! Robotics focuses on two core elements: Engineering and Programming. Students begin their robotics exploration using familiar tools like LEGO. They learn about gears, belts, motors, and movement. They also learn how to program their creations to perform simple tasks. As they grow, students are encouraged to think outside the box and build unique solutions to solve problems.



### Minecraft Architecture (8-11 yrs)

**Thursdays | 4:00 pm**

Minecraft is more than just a game, it is a creative tool that allows players to create and experience feats of engineering, amazing structures, and epic works of art. Tour the Parthenon! Be awed by Notre Dame's beauty! Will you be fooled by the false tomb or find the real one in the Taj Mahal? With an inspired mind, design and build a Wonder of the World. Working together, students learn the meaning of good digital citizenship.

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

**Fridays | 4:00 pm**

Start your curious scientist with this exploration into STEM experiments. Students will get to learn how clouds are formed and watch a rainstorm in a bottle! Get the chance to see what happens when vinegar and baking soda combine and discuss density as we see which objects sink or float and delight as colors dance as they pass through a prism. Look forward to getting your hands messy as we explore STEM!

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2023-2024**

## Storybook Science (3-5 yrs)

Wednesdays | 4:00 pm

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

## SWIMMING

### Swim Class (3-5 yrs) or (5-12 yrs)

Mondays, Tuesdays, Wednesdays, 5:15 pm

During basketball, the YMCA is offering Hill House swim classes for any siblings on the sidelines! Join private, or semi-private, groups (depending on enrollment) as we take advantage of the Y's great pool. Students will receive YMCA intensive swim lessons curriculum in a 6 week or 5-week session. Swimmers and parents will receive mid-session feedback and final session report card on their swimmers performance.

## TENNIS

### Tennis Club (3-4 yrs)

Mondays, Tuesdays, Wednesdays, Thursdays | 3:00 pm

Sundays | 12:00 pm

### Tennis Club (5-6 yrs)

Mondays, Tuesdays, Wednesdays, Thursdays | 3:45 pm

Sundays | 12:50 pm

### Beginner Tennis (6-12 yrs)

Tuesdays, Wednesdays, Thursdays | 4:30 pm

Sundays | 1:40 pm

### Advanced Tennis (7-12 yrs)

Tuesdays, Wednesdays, Thursdays | 5:15 pm

Keep fresh over the winter and join us at the Firehouse to continue growing your tennis game this winter! While not outdoors or on an official court, our same great tennis staff will be available to help get your player reps with our indoor net and drills for all the fundamentals to make sure your skills have taken another step once we get back outside for the spring season!



## THEATRE

### Improv (6-8 yrs)

Thursdays 4:15 pm

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

### Improv II (8-12 yrs)

Thursdays | 5:15 pm

This class is the second option for improv students at Hill House. To join this class you must have approval from the instructor or be within the correct age range. Join us for a creative class where your participant can use their energy, have fun, and learn all about Improv! Throughout this class students will explore the improv basics of teamwork, listening, and scene-building through exercises and engaging games! All experience levels are welcome!

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

Tuesdays | 5:15 pm

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

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



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# WINTER 2023-2024 ATHLETIC AND PROGRAM GUIDE

## WHO WE ARE

Hill House offers many high quality, fun and exciting 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.

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

**Email:** [kkeches@hillhouseboston.org](mailto:kkeches@hillhouseboston.org)

**Call:** 617-227-5838 x102

## STAFF LISTING

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## General Program Inquiries

Contact our front desk (617) 227-5838 x100

## WINTER 2023-2024

## THIS SEASON AT-A-GLANCE

**October 3:** Winter Registration for Members

**October 5:** Winter Registration for Everyone

**December 2:** Hill House Holiday Tree Sale

**December 4:** All Winter 2023-2024 Programs Begin

**December 19, 2023 - January 1, 2024:** Hill House Closed for Holiday Break  
(we reopen on Tuesday, January 2, 2024)

**January 9 & 11:** Spring Baseball Registration Opens

**January 15:** Hill House Closed;  
Dr. Martin Luther King, Jr Day

**January 23:** Summer Camp Registration Opens  
for Returning Families

**January 25:** Summer Camp Registration Opens for all

**February 6:** Spring Registration for Members

**February 8:** Spring Registration for Everyone

**February 19:** Closed for Presidents Day



## Save the Date for Summer!

## Hill House Summer Day Camp and Kiddie Kamp

### REGISTRATION OPENS

**January 23** for last year's campers — **January 25** to the community!

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