

WINTER 2021-2022

# ATHLETIC AND PROGRAM GUIDE



**REGISTRATION OPENS:**  
October 5 for members,  
October 7 for non-members.

**PROGRAMS START:**  
Monday, November 29



127 Mount Vernon St.  
Boston, MA 02108  
(617) 227-5838  
[www.hillhouseboston.org](http://www.hillhouseboston.org)



# SCHEDULE AT A GLANCE

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

## WINTER 2021/2022 ATHLETIC AND PROGRAM GUIDE

### IN-PERSON PROGRAMS

#### MONDAY

Art In Nature	11:15-12:00	Fire House
Tennis Club	3:00-3:45	Fire House
6U Basketball League	3:00-3:45	Joy St.
Beginner Tennis Club	3:45-4:30	Fire House
Science Exp. Explorers	4:15-5:00	Fire House
Advanced Tennis Club	4:30-5:15	Fire House
8U Junior Basketball League	4:45-6:00	YMCA
Start To Skate	5:00-5:50	Steriti Rink
Figure Skating Skills	5:00-5:50	Steriti Rink
Hockey Skating Skills	5:00-5:50	Steriti Rink
Beginner Fencing	5:30-6:15	Fire House
Intermediate Fencing	6:30-7:15	Fire House

#### TUESDAY

Animal Education Art	11:00-11:45	Fire House
Tennis Club (3-4)	3:00-3:45	Fire House
Play, Paint & Investigate	3:00-3:45	Fire House
Kiddie Karate	4:30-5:15	Joy St.
Tennis Club (5-6)	3:45-4:30	Fire House
Art Weaving Magic	4:00-4:45	Fire House
Musical Theater & Art	4:00-5:30	Fire House
Beginner Karate	5:30-6:15	Joy St.
Beginner Tennis Club	4:30-5:15	Fire House
Girls Basketball League	4:45-5:45	YMCA
Jewelry Making	5:30-6:15	Fire House
Advanced Tennis Club	5:15-6:00	Fire House

#### WEDNESDAY

Español Mini	11:00-11:45	Fire House
Tennis Club (3-4)	3:00-3:45	Fire House
Español Junior	3:30-4:15	Fire House
Tennis Club (5-6)	3:45-4:30	Fire House
STEM Investigators	4:30-5:15	Fire House
Toddler Storybook Ballet	4:30-5:15	Joy Street
Beginner Tennis Club	4:30-5:15	Fire House
13U Pro Basketball League	5:00-7:00	YMCA
Advanced Tennis Club	5:15-6:00	Fire House
Storybook Ballet	5:30-6:15	Joy Street

#### THURSDAY

Animal Education Art	11:00-11:45	Fire House
Tennis Club (3-4)	3:00-3:45	Fire House
Musical Muse	3:00-3:45	Fire House
Tennis Club (5-6)	3:45-4:30	Fire House
Kiddie Karate	4:30-5:15	Joy St.
Stuffed Animal Art	4:00-4:45	Fire House
Beginner Tennis Club	4:30-5:15	Joy St.
10U Senior Basketball League	5:00-7:00	YMCA
Fashion Design	5:00-5:45	Fire House
Advanced Tennis Club	5:15-6:00	Fire House
Intermediate Karate	5:30-6:15	Joy St.

#### FRIDAY

Mundo De Colores	10:00-10:45	Fire House
Ocean Explorers	10:30-11:15	Fire House
6U Basketball League	3:00-3:45	Joy St.
Play, Paint, Investigate	3:00-3:45	Fire House
Get Into Gymnastics	4:00-4:40	Fire House
Science Experiment Explorers	4:15-5:00	Fire House
Get Into Gymnastics	4:50-5:30	Fire House
Gymnastics I	5:40-6:20	Fire House

#### SATURDAY

Half Kick Soccer	9:00-9:45	Joy St.
Get Into Gymnastics	9:15-9:55	Fire House
Half Kick Soccer	10:00-10:45	Joy St.
Get Into Gymnastics	10:05-10:45	Fire House
Gymnastics I	10:55-11:35	Fire House
6U Soccer Clinics	11:00-11:45	Joy St.
Gymnastics II	11:45-12:25	Fire House

#### SUNDAY

Tennis Club	12:00-12:45	Fire House
Beginner Tennis Club	1:00-1:45	Fire House
Advanced Tennis Club	2:00-2:45	Fire House

### ONLINE PROGRAMS

#### MONDAY

Intro To Chess	3:15-4:00	Zoom
Intermediate Chess	4:00-4:45	Zoom

#### TUESDAY

Little Groove Music	9:30-10:15	Zoom
Little Groove Music	10:30-11:15	Zoom

#### FRIDAY

Little Groove Music	10:30-11:15	Zoom
Little Groove Music	11:30-12:15	Zoom

#### SEMI-PRIVATE PODS AVAILABLE

Private or semi-private pod groups can book weekly sessions at the Firehouse or our gym at 74 Joy St.

Activities can range from art to tumbling to basketball or soccer and more.

Inquire With Staff To Schedule, 617-227-5838 x140



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# PROGRAM DESCRIPTIONS

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**NOTE:** Participants must meet a program's minimum age requirement by December 1, 2021. Masks will be required for all drop-off programs for ages 3 years and older. All winter classes are drop-off programs, participants must be potty trained

## ART

### Animal Education Art (3-5 years)

Offered in-person: Thursdays | 11:00AM

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 in Nature (3-5 years)

Offered in-person: Mondays | 11:00AM

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

### Art Weaving Magic (7-12 years)

Tuesdays | 4:00PM

Each week, students will work on projects involving weaving from baskets to dolls and more, we'll use other fun materials and projects that you'll be able to take home right afterwards. This class is a great way to decorate any child's room with creations they will be proud to display!

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### Fashion Design (6-9 years)

Offered in-person: Thursdays | 5:00PM

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.

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

Offered in-person: Fridays | 9:30AM

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.

### Musical Muse (3-5 years)

Thursdays | 3:00PM

Explore and learn art skills through song. This class will explore a wide range of art techniques through music. Students will use music as a tool of inspiration to paint, draw and create. Students will get to bring home their finished art work and learn how to create art through music.

### Ocean Explorers (3-5 years)

Offered in-person: Fridays | 10:30AM

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

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### Play, Paint & Investigate (5-7 years)

Offered in-person: Tuesdays | 3:00PM

Fridays | 3:00PM

The next step to fulfill the investigative and natural schema of childhood. Join us for a hands-on, messy class letting your child create and play through different provocations and social-emotional skill activities. Through interesting inquiry and pretend play, we will use various textures, materials and mediums. We will smash and mix, discovering our senses using mortar, pestles, clay, light, shadow and paint among other sensory fulfilling activities.

### Stuffed Animal Art (6-9 years)

Offered in-person: Thursdays | 4:00PM

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.



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## BASKETBALL

### 6 & Under Basketball (5-6 years)

Location: 74 Joy St

Mondays | 3:00PM and Fridays | 3:00PM

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.

### Girls Intro to Basketball League (6-12 years)

Location: Huntington Ave YMCA

Tuesdays | 4:45-6:00PM

Back by popular demand. For players both just learning the rules of formalized basketball with the comfort of their friends. 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, and potentially join one of our co-ed leagues in the future. Players will be separated as best as possible for their ages for drills and game-play. Each child will receive a jersey.

### 8 & Under - Hill House Junior Basketball League (7-8 years)

Location: Huntington Ave YMCA

Mondays | 4:45-6:00PM

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 clinic 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 U8 playoff tournament and all-star games for all of our players.

### 10 & Under - Hill House Senior Basketball League (9-10 years)

Location: Huntington Ave YMCA

Thursdays | 5:00-7:00PM

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 U-6 and U-8 levels. Returning in the winter 2021-2022 season, the schedule begins with three skills clinic 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 U10 playoff tournament and all-star games for all players.

### 13 & Under - Hill House Pro Basketball League (11-13 years)

Location: Huntington Ave YMCA

Wednesdays | 5:00-7:00PM

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 2021-2022 season, the schedule begins with three skills clinic before the and sessions will be broken into one hour or practice and one hour of games. The season will end with a U-13 playoff tournament and all-star games for all our players.

## SEMI-PRIVATE PODS AVAILABLE

Private or semi-private pod groups can book weekly sessions at the Firehouse or our gym at 74 Joy St.

Activities can range from art to tumbling to basketball or soccer and more.

**Inquire With Staff To Schedule, 617-227-5838 x140**

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## CHESS

### Intermediate Chess (7-10 years)

Offered Online: Mondays | 4:00PM

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. This will be online via Zoom and LiChess.org simultaneously.

### Intro to Chess (7-10 years)

Offered Online: Mondays | 3:15PM

This class is for complete beginners and concentrates on introducing participants' to the fundamentals of chess while learning specific offensive and defensive strategies. Students will be able to play each other as well as their instructor to practice their skills and learn. This will be online via Zoom and LiChess.org simultaneously.



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## DANCE

### Storybook Ballet (4-6 years)

Offered in-person: Wednesdays | 5:30PM

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.

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

Offered in-person: Wednesdays | 4:30PM

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.

## FENCING

### Beginner Fencing (5-12 years)

Offered in-person: Mondays | 5:30PM

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)

Offered in-person: Mondays | 6:30PM

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

## FOREIGN LANGUAGE

### Español Mini (3-5 years)

Offered in-person: Wednesdays | 11:00AM

Hola! In this class, native Spanish speaker Ms. Adriana will introduce little ones to a full bilingual experience. Children will actively develop their Spanish language skills through simple songs, routines and fun developmentally appropriate activities. Our diverse and culture rich curriculum will nurture cognitive and language that will also strengthen fine motor skills through fun creative projects. At the end of each session, kids will have a memory documentation of everything they learn in class!

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### Español Junior (5-7 years)

Offered in-person: Wednesdays | 3:30PM

This version of Espanol Junior will continue the work with its predecessor Espanol Mini, taking a next level approach to the bilingual experience. Even if this is their first bilingual class experience, kids will begin or continue to strengthen their learning approach to the Spanish language. Children will actively develop their Spanish language skills through simple songs, routines and fun developmentally appropriate activities. Our diverse and culture rich curriculum will nurture cognitive and language development activities that will also strengthen fine motor skills through fun creative projects.

## GYMNASTICS

### Get into Gymnastics (3-5 years)

Offered in-person: Fridays | 4:00PM & 4:50PM

Saturdays | 9:15AM & 10:05AM

Love somersaults, rolls, balance beams and bars? Take the next step and join us in the Fire House for the basics of gymnastics in the 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

Offered in-person: Fridays | 5:40PM

Saturdays | 10:55AM

For those who are a bit older and looking to take a more advanced gymnastics class, join us in this brand-new 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!

### SEMI-PRIVATE PODS AVAILABLE

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## Gymnastics II (6-8 years)

Offered in-person: Saturdays | 11:45AM

Join us for Gymnastics II in a more advanced class. By the end of the program your child will be able demonstrate a variety of gymnastic skills and have fun doing it!

## KARATE

### Beginner Karate (6-8 years)

Offered in-person: Tuesdays | 5:30PM

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.

### Kiddie Karate (3-5 years)

Offered in-person: Tuesdays | 4:30PM

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.

## Intermediate Karate (6-8 years)

Offered in-person: Thursdays | 5:30PM

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.

## MUSIC

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

Offered online: Tuesdays | 9:30AM & 10:30AM

Fridays | 10:30AM & 11:30AM

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! This program taught by Dylan on Tuesdays and Tommy Dempsey on Fridays.

### Private Music Lessons (6 years-12 years)

In Person And Online Available

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

*Piano & violin instructed by Melanie Maz.*

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## WINTER SKATING

### Figure Skating Skills (7-12 years)

Offered in-person: Mondays | 5:00PM

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 (7-12 years)

Offered in-person: Mondays | 5:00PM

Grab your ice skates and head to Steriti Rink to hone your Hockey 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!

### Start to Skate (4-11 years)

Offered in-person: Mondays | 5:00PM

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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## SOCCER & FUTSAL

### Half Kick Soccer (3-4 years)

Offered in-person: Saturdays | 9:00AM & 10:00AM

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.

### 6 & Under Soccer Clinics (5-6 years)

Offered in-person: Saturdays | Saturdays | 11:00AM

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

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

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

Offered in-person: Mondays & Fridays | 4:15PM

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.

### STEM Investigators (6-8 years)

Offered in-person: Wednesdays | 4:30PM

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.

## TENNIS

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

Offered in-person:

**3-5 years;** Mondays, Tuesdays, Wednesdays, Thursdays | 3:00PM  
Sundays | 12:00PM

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

**Beginner, 6-12 years;** Mondays | 3:45PM  
Tuesdays, Wednesdays, Thursdays | 4:30PM  
Sundays | 1:00PM

**Advanced, 7-12 years;** Mondays | 4:30PM  
Tuesdays, Wednesdays, Thursdays | 5:15PM  
Sundays | 2:00PM

Grab your racquet and join us at the Fire House on our indoor court to continue growing your game this winter! Open to beginner and strong players alike as the individual attention from the instructor will challenge players at their own level. Places will be limited for this new class which will develop each player's "love" for tennis.

Players will need to provide their own racquets.

### SEMI-PRIVATE PODS AVAILABLE

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## THEATER

### Musical Theater (6-9 years)

Offered in-person: Tuesdays | 4:00PM

Explore the art of musical theater, 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.

Have questions about our program offerings? Contact Elizabeth for enrichment programs and Jonny for athletics at 617-227-5838.



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## 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)



## THIS SEASON AT-A-GLANCE

### November 29

First Day of Winter Programming

### December 4

Hill House's Annual Tree & Wreath Sale

### December 20-January 2

Hill House Closed For Winter Break

### January 11

Spring Baseball League Registration Opens for Members

### January 13

Spring Baseball League Registration Opens for Public

### January 18

Summer Camp Registration Opens for Returning Families

### January 20

Summer Camp Registration Opens for Public

### February 8

Spring Registration Opens for Members

### February 10

Spring Registration Opens for Public

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## STAFF LISTING

**Lauren Hoops-Schmieg**, Executive Director  
[lschmieg@hillhouseboston.org](mailto:lschmieg@hillhouseboston.org) x180

**Marshall Caldera**, Program Director  
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**Elizabeth Charest**, Program Coordinator  
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**Adriana Donohue**, Senior Instructor for Enrichment Programs  
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**Patty Kennedy**, Finance Manager  
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**John King**, Senior Athletics Coordinator  
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**Dianne Powers**, Senior Development Director  
[dpowers@hillhouseboston.org](mailto:dpowers@hillhouseboston.org) x220

### General Program Inquiries

Contact our front desk (617) 227-5838 x100

## Save the Date for Summer!

Hill House Summer Day Camp and Kiddie Kamp  
registration opens

**January 18** for last year's campers  
and **January 20** to the community!



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