

# SPRING 2022

## ATHLETICS & PROGRAM GUIDE



**REGISTRATION OPENS:**

February 8 *for members,*  
February 10 *for non-members*


**PROGRAMS START:**

Week of March 14

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

# MONDAY

SPRING  
2022

MAIN ASSEMBLY	ART ROOM	CLASSROOM	ZOOM	74 JOY	BOSTON COMMON
	<p><b>Mundo de Colores 1-3yrs</b> 9:15-10:00</p> <p><b>Spanish in Motion 1-3yrs</b> 10:15-11:00</p> <p><b>Scribble &amp; Squish 1-3yrs</b> 11:15-12:00</p>				
	<p><b>Science Experiment Explorers 3-5yrs</b> 3:15-4:00</p> <p><b>Ocean Explorers 3-5yrs</b> 4:15-5:00</p>	<p><b>Intro to Acting 6-9yrs</b> 4:15-5:00</p>	<p><b>Intro to Chess 5-7yrs</b> 3:15-4:00</p> <p><b>Intermediate Chess 7-12yrs</b> 4:45-5:30</p>	<p><b>Bitty Basketball 3-5yrs</b> 3:30-4:15</p> <p><b>6U Basketball Clinic 5-6yrs</b> 4:15-5:00</p>	<p><b>Half Kick Soccer 3-5yrs</b> 1:30-2:15</p> <p><b>Superhero Multi-Sports 3-5yrs</b> 2:15-3:00</p> <p><b>Tennis Club 3-5yrs</b> 3:00-3:45</p> <p><b>Tennis Club 5-6yrs</b> 3:45-4:30</p>
<p><b>Beginner Fencing 5-12yrs</b> 4:30-5:15 5:30-6:15</p> <p><b>Intermediate Fencing 7-12yrs</b> 6:30-7:15</p>				<p><b>8U Basketball Clinic 7-8yrs</b> 5:00-5:45</p>	<p><b>United Soccer Academy 7-8yrs</b> 4:00-5:00</p> <p><b>United Foot Skills Clinic 8-12yrs</b> 4:00-5:00 <i>Current United players only</i></p> <p><b>Beg. Tennis Club 6-12yrs</b> 4:30-5:15</p> <p><b>Majors Baseball 11-13yrs</b> 5:00-7:00</p> <p><b>Adv. Tennis Club 7-12yrs</b> 5:15-6:00</p>

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# TUESDAY

SPRING  
2022

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	KITCHEN	74 JOY	BOSTON COMMON	TERSF
<p><b>Little Grove Music</b> 3mo-4yrs 9:30-10:00 10:15-10:45 11:00-11:30</p>	<p><b>Sensory Play 1-3yrs</b> 9:15-10:00</p> <p><b>Paint &amp; Play 1-3yrs</b> 10:15-11:00</p> <p><b>Art in Nature 1-3yrs</b> 11:15-12:00</p>	<p><b>Mini Jumping Jacks Gym 1-3yrs</b> 9:15-10:00 10:15-11:00 11:15-12:00</p>				
	<p><b>Play, Paint &amp; Investigate 3-5yrs</b> 4:00-4:45</p>	<p><b>Musical Theater &amp; Arts 6-9yrs</b> 4:30-6:00</p>		<p><b>Kiddie Karate 3-5yrs</b> 4:30-5:15</p>	<p><b>Half Kick Soccer 3-5yrs</b> 1:30-2:15</p> <p><b>Little Lacrosse 3-5yrs</b> 3:00-3:45</p> <p><b>Messy Paint in the Park 3-5yr</b> 3:15-4:00</p> <p><b>Art &amp; STEM Outdoors 3-5yrs</b> 4:15-5:00</p> <p><b>Tennis Club</b> 3:00-3:45 (3-5yrs) 3:45-4:30 (5-6yrs) 4:30-5:15 <b>Beginners (6-12yrs)</b> 5:15-6:00 <b>Intermediate/Advanced (7-12yrs)</b></p>	
			<p><b>Great Hill House Bake Off 5-7yrs</b> 6:00-6:45</p>	<p><b>Beginner Karate 6-8yrs</b> 5:30-6:15</p>	<p><b>Girls Running Club 8-12yrs</b> 5:00-6:00</p> <p><b>AAA/Majors Skills Clinics 9-13yrs</b> 5:00-6:00</p>	<p><b>Red Sox Rookie League 4yrs</b> 4:15-5:00</p> <p><b>T-Ball 5-6yrs</b> 5:15-6:00</p>

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# WEDNESDAY

SPRING  
2022

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	74 JOY	BOSTON COMMON	TERSF
<b>Jumping Jacks Gym 1-3yrs</b> 9:15-10:00 10:15-11:00 11:15-12:00					
	<b>Preschool Picasso 3-5yrs</b> 1:30-2:15		<b>Bitty Basketball 3-5yrs</b> 3:30-4:15	<b>Half Kick Soccer 3-5yrs</b> 1:30-2:15  <b>Little Lacrosse 3-5yrs</b> 3:00-3:45	<b>Half Kick Soccer 3-5yrs</b> 4:30-5:15
	<b>STEM Investigators 4-6yrs</b> 3:30-4:15  <b>Art of Cooking II 5-7yrs</b> 4:30-5:15		<b>Toddler Storybook Ballet 3-5yrs</b> 4:30-5:15  <b>Storybook Ballet 5-7yrs</b> 5:30-6:00	<b>Tennis Club</b> 3:00-3:45 (3-5yrs) 3:45-4:30 (5-6yrs) 4:30-5:15 <b>Beginners (6-12yrs)</b> 5:15-6:00 <b>Intermediate/Advanced (7-12yrs)</b>  <b>Majors Baseball 11-13yrs</b> 5:00-7:00	<b>Beginner Field Hockey 6-8yrs</b> 4:30-5:30  <b>AAA Baseball 9-10yrs</b> 5:15-6:15  <b>Inermediate Field Hockey 9-12yrs</b> 5:30-6:30



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# THURSDAY

SPRING  
2022

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	KITCHEN	74 JOY STREET	BOSTON COMMON
<p><b>Vamos a Saltar! 1-3yrs</b> 9:15-10:00 10:15-11:00 11:15-12:00</p>	<p><b>Sensory Play 1-3yrs</b> 9:30-10:15</p> <p><b>Paint &amp; Play 1-3yrs</b> 10:30-11:15</p> <p><b>Art in Nature 1-3yrs</b> 11:30-12:15</p>				
	<p><b>Mundo de Colores 3-5yrs</b> 3:00-3:45</p> <p><b>Stuffed Animal Art 5-7yrs</b> 4:00-4:45</p>	<p><b>Express Yourself 3-5yrs</b> 3:00-3:45</p>	<p><b>Cocinar con Amigos 4-6yrs</b> 4:00-4:45</p>		<p><b>Superhero Multi-Sports 3-5yrs</b> 1:30-2:15</p> <p><b>Half Kick Soccer 3-5yrs</b> 3:00-3:45</p> <p><b>Tennis Club</b> 3:00-3:45 (3-5yrs) 3:45-4:30 (5-6yrs) 4:30-5:15 <b>Beginners (6-12yrs)</b> 5:15-6:00 <b>Intermediate/Advanced (7-12yrs)</b></p>
	<p><b>Fashion Design 5-7yrs</b> 5:00-5:45</p>		<p><b>Great HH Bake Off 5-7yrs</b> 6:00-6:45</p>	<p><b>Kiddie Karate 3-5yrs</b> 4:30-5:15</p> <p><b>Beginner Karate 6-8yrs</b> 5:30-6:15</p> <p><b>Intermediate Karate 8-10yrs</b> 6:30-7:15</p>	<p><b>6U Soccer Clinics 5-6yrs</b> 4:00-4:45</p> <p><b>AAA/Majors Skills Clinics 9-13yrs</b> 5:00-6:00</p> <p><b>Girls Softball 6-12yrs</b> 5:15-6:15</p>

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# FRIDAY

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2022

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	BOSTON COMMON	TERSF
<b>Little Grove Music 3mo-4yrs</b> 9:30-10:00 10:15-10:45 11:00-11:30	<b>Mundo de Colores 1-3yrs</b> 9:30-10:15  <b>Play &amp; Paint 1-3yrs</b> 10:30-11:15  <b>Scribble &amp; Squish 1-3yrs</b> 11:30-12:15		<b>Half Kick Soccer 3-5yrs</b> 12:30-1:15	
<b>Ninja Warrior Training 3-5yrs</b> 1:30-2:15  <b>Ninja Warrior Training 3-5yrs</b> 3:00-3:45  <b>Get into Gymnastics 3-4yrs</b> 4:00-4:40	<b>Ocean Explorers 3-5yrs</b> 3:00-3:45  <b>Science Experiment Explorers 3-5yrs</b> 4:00-4:45	<b>Canta y Baila 3mos-5yrs</b> 3:30-4:15		<b>AA Baseball 7-8yrs</b> 4:30-5:30
<b>Get into Gymnastics 5-6yrs</b> 4:50-5:30  <b>Gymnastics I 6-10yrs</b> 5:40-6:30			<b>Friday Flag Football 7-12yrs</b> 5:00-6:00	<b>United Goalkeeper Clinic 8-12yrs</b> 4:30-5:15  <b>Hill House United Soccer-Team Practice</b> 5:30-7:00



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# WEEKEND

SPRING  
2022

## SATURDAY

MAIN ASSEMBLY ROOM	ART ROOM	BOSTON COMMON	TERSF
<p><b>Get into Gymnastics 3-4yrs</b> 9:00-9:40</p> <p><b>Get into Gymnastics 5-6yrs</b> 9:50-10:40</p> <p><b>Gymnastics I 6-10yrs</b> 10:50-11:40</p> <p><b>Gymnastics II 6-10yrs</b> 11:50-12:40</p>	<p><b>Jewelry Making 6-9yrs</b> 9:00-9:45</p> <p><b>Sing-Along Nursery Rhyme Art 1-3yrs</b> 10:00-10:45</p> <p><b>Superhero Crafts &amp; Games 3-5yrs</b> 11:00-11:45</p>	<p><b>Majors Baseball 11-13yrs</b> 9:00-11:00</p>	<p><b>AAA Baseball 9-10yrs</b> 9:00-11:00</p> <p><b>Half Kick Soccer 3-5yrs</b> 9:30-10:15 10:30-11:15 11:30-12:15</p> <p><b>T-Ball 5-6yrs</b> 11:00-11:45</p> <p><b>United Soccer Games</b> 11:00-3:00</p>
			<p><b>AA Baseball 7-8yrs</b> 12:00-1:00</p>

## SUNDAY

74 JOY STREET	TERSF
	<p><b>Half Kick Soccer 3-5yrs</b> 10:00-10:45</p> <p><b>Ultimate Frisbee 7-12yrs</b> 11:00-12:00</p>
<p><b>Tennis Club</b> 12:00-12:45 (3-5yrs) 1:00-1:45 <b>Beginners</b> (6-12yrs) 2:00-2:45 <b>Intermediate/Advanced</b> (7-12yrs)</p>	<p><b>Sunday Soccer 6-12yrs</b> 12:00-1:00</p> <p><b>Intro to Flag Football 4-6yrs</b> 1:00-2:00</p> <p><b>NFL Flag Football Clinics 7-12yrs</b> 2:00-3:00</p> <p><b>Beginner Lacrosse 5-7yrs</b> 3:00-3:45</p> <p><b>Intermediate Lacrosse 8-11yrs</b> 3:45-4:30</p>



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# PROGRAM DESCRIPTIONS

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

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

Schedule and programs are subject to change.

## ART

### Art & Stem Outdoors (3-5 years)

Tuesdays | 4:15PM

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

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

Tuesdays | 11:15AM;

Thursdays | 11:30AM

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 sand, dirt and other items to see what happens when we add water, snow and other natural elements. Dig in!

### Express Yourself (3-5 years)

Thursdays | 3:00PM

Each week students will have the ability to express themselves through painting and engaging their creative side. This class will allow students to use unconventional objects like shoelaces and straws to paint! The bigger the mess, the better!

### Fashion Design (6-9 years)

Thursdays | 4:00PM

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.

### Jewelry Making (6-9 years)

Saturdays | 9:00AM

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

### Messy Paint in the Park (3-5 years)

Tuesdays | 3:15PM

Let your child explore and get messy without the hassle of cleaning up! Students will explore various ways of painting through splatter paint, tempera (non-toxic paint) and other creative mediums. Ponchos, smocks, and wipes will be provided. Get ready to get messy and creative!

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

Mondays | 9:15AM;

Thursdays | 3:00PM;

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.

### Ocean Explorers (1-3 years)

Mondays | 4:15PM;

Fridays | 3:00PM

Dive into this art class with us as we learn all about the ocean and the creatures that call it home. Students will be read a different story each week highlighting a different underwater creature, followed by an art project related to the creature of the week!

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

Tuesdays | 10:15AM;

Thursdays | 9:30AM;

Fridays | 10:30AM

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!

### Play, Paint & Investigate (3-5 years)

Tuesdays | 4:00PM

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.

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

Wednesdays | 1:30PM

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

### Scribble & Squish (1-3 years)

Mondays | 11:15AM;

Fridays | 11:30AM

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

### Sensory Play (1-3 years)

Tuesdays | 9:15AM;

Thursdays | 9:30AM

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

Saturdays | 10:00AM

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

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

Saturdays | 11:00AM

Join us in channeling our favorite superheroes, as we participate in art projects and outdoor games! This interactive class will allow your child to explore the exciting theme of superheroes and even have the chance to create their own character!

## Stuffed Animal Art (6-9 years)

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.

## BASEBALL

### Red Sox Rookie League (4 years)

Tuesdays | 4:15PM

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

*This league is led by Hill House staff & volunteers.  
Registration for the 2022 season will open in February!*

## T-Ball (5-6 years)

Tuesday clinics | 5:15PM

Saturday games | 11:00AM or 12:00PM

Graduate from our Red Sox Rookie League and have your player join their first Hill House team! This fun introductory league still covers the basics, but exposes players to formalized game play, the rules, and processes of America's pastime. This year, practices will start as clinics ran by HH athletics staff and end fun games to end the session. Players all receive a hat, jersey, and will be assigned to a team.

*This league is led by Hill House staff & volunteers.  
Registration for the 2022 season will open in February!*

## AA Baseball-Machine Pitch (7-8 years)

Friday clinics | 4:30PM

Saturday games | 12:00PM

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

Practice clinics are led by Hill House staff, teams are led by parents & volunteers for games. Registration for the 2022 season will open in February!



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

Wednesday practices | 5:15PM

Saturday games | 9:00AM

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

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

Practices on Mondays | 5:00PM

Games | Wed 5:00PM and Sat 9:00AM

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

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## AAA/Majors Skills Clinic (9-13 years)

Tuesdays and Thursdays | 5:00PM

Separate from our normal AAA and Majors schedules, these add-on auxiliary clinics will run on Tuesdays and Thursdays for our most passionate players. Clinics will be led by Majors staff and continue to build on the skills being worked on throughout the season. Whether this is extra fielding, batting practice, working on pitching mechanics, or catching, this will be your program to get those extra repetitions in and stay ahead of the pack!

## BASKETBALL

### Bitty Basketball (3-5 years)

Mondays & Wednesdays | 3:30pm

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.

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

Mondays | 4:15pm

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.

## 8 & Under Basketball Clinics (7-8 years)

Mondays | 5:00PM

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

## CHESS

### Intermediate Chess (7-12 years)

Offered Online: Mondays | 4:45PM

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 (5-7 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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## COOKING

### Art of Cooking II (5-7 years)

Wednesdays | 4:30PM

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.

### Cocinar con Amigos (4-6 years)

Thursdays | 4:00PM

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.

### Great Hill House Bake-Off (5-7 years)

Tuesdays & Thursdays | 6:00PM

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



## DANCE

### Storybook Ballet (4-6 years)

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)

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)

Mondays | 4:30PM and 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. Class 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 | 6:30PM

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 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.

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## FIELD HOCKEY

### Beginner Girls Field Hockey (6-8 years)

Wednesdays | 4:30PM

Join us on the Teddy Ebersol's Red Sox Fields as we learn the basics of field hockey. Proper grip, ball control and body positioning will all be instilled as we run drills to help players solidify the rules of the sport as they practice passing and scoring out on the fields.

### Intermediate Field Hockey (9-12 years)

Wednesdays | 5:30PM

Join us on the Teddy Ebersol's Red Sox Fields as we go beyond the basics of field hockey. Proper grip, ball control and body positioning will all be instilled as we run drills to help players solidify the rules of the sport as they practice passing and scoring out on the fields.

## FITNESS FUN & GYMNASTICS

### Get into Gymnastics

Fridays | 4:00PM,

Saturdays | 9:00AM & 9:50AM

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

### Gymnastics I (6-9 years)

Fridays | 4:50PM,

Saturdays | 10:50AM

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!

### Gymnastics II (6-9 years)

Fridays | 5:40PM,

Saturdays | 11:50AM

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!

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

Wednesdays | 9:15AM, 10:15AM & 11:15AM

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.

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

Tuesdays | 9:15AM, 10:15AM & 11:15AM

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.

*This class will be limited to six children, and held in the classroom.*

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

Mondays | 2:15PM;

Thursdays | 1:30PM

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.

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

Fridays | 1:30PM & 3:00PM

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!

### Vamos a Saltar (1-3 years)

Thursdays | 9:15AM, 10:15AM and 11:15AM

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.



Registration Opens: February 8 for members  
February 10 for non-members

Indoor Programs Start: The week of March 14



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# PROGRAM DESCRIPTIONS

SPRING  
2022

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

## FLAG FOOTBALL

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

Fridays | 5:00PM

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

### Intro to Flag Football (4-6 years)

Sundays | 1:00PM

Flag Football is a great way for your child to end the week with some fun drills and scrimmages playing with their friends. After some initial skills clinics that will cover the basic skills and processes of football, players will then get split up each week into different teams and play fun instructor led games. The program promises fun and instills good sportsmanship and teamwork.

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

Sundays | 2:00PM

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

## FOREIGN LANGUAGE

### Cocinar con Amigos (4-6 years)

Thursdays | 4:00PM

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.

### Spanish in Motion (1-3 years)

Mondays | 10:15AM

This is a fun and interactive class where parents, caregivers and educators sit with their children to explore the Spanish-language, music, and Latin-American culture. This class is perfect for parents with multiple children of varying ages. Children are exposed to Spanish through songs that create an environment that allows for a long periods of listening and exposure, coupled with call-and-response interactivity requiring physical movement. Parents receive a copy of our own music heard in class to enjoy in the car and at home. 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 top with patos (ducks) and ranas (frogs). If your child likes jumping, dancing, and singing this is the perfect class!

### Vamos a Saltar (1-3 years)

Thursdays | 9:15AM, 10:15AM and 11:15AM

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

## KARATE

### Beginner Karate (6-8 years)

Tuesdays & Thursdays | 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.

### Intermediate Karate (8-10 years)

Thursdays | 6:30PM

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.

### Kiddie Karate (3-5 years)

Tuesdays & Thursdays | 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.

## LACROSSE

### Intro to Lacrosse (5-7 years)

Sundays | 3:00PM

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

### Intermediate Lacrosse (8-12 years)

Sundays | 3:45PM

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

### Little Lacrosse (3-5 years)

Tuesdays & Wednesdays | 3:00PM

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

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## MUSIC

### Canta y Baila (3 months – 5 years)

Fridays | 3:00PM

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

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

Tuesdays and Fridays | 9:30AM, 10:15AM, 11:00AM

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.

### Music Together (3 months – 5 years)

Wednesdays | 9:15AM

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

## RUNNING

### Girls Running Club-(8-12 years)

Tuesdays | 5:00PM

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

## SOCCER

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

Thursdays | 4:00PM

This clinic will help solidify the basics of the world's most popular sport for your young athlete. Games and drills will allow players to get used to having a ball at their feet. We will work to develop listening and cooperation

skills. A focus on dribbling, passing and shooting will give players a chance to compete against one another. We aim to assist in the development of players' skills so that they might achieve their maximum potential at their own pace. Based on numbers, all players enrolled will train in small groups determined by age and ability. The primary focus at this level is the development of fundamental skills in a fun environment with the beginnings of structured team play.

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

Mondays, Tuesdays & Wednesdays | 1:30PM;

Wednesdays | 4:30PM;

Thursdays | 3:00PM; Fridays | 12:30PM;

Saturdays | 9:30AM, 10:30AM & 11:30AM;

Sundays | 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.

### Sunday Soccer (6-12 years)

Sundays | 12:00PM

Polish your skills in the off-season with this Sunday afternoon clinic. Players of all ages and skill levels can work on every aspect of their game, including: dribbling, passing, shooting and team strategy. Hill House's coaches will utilize curriculum from Mass Youth Soccer and US Soccer to place players in fast and fun competition. Enjoy the beautiful Esplanade as Hill House Soccer takes over the Ebersol fields while the weather gets warmer with each weekend.

### United 2nd Grade Academy

Mondays | 4:00pm

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

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

Mondays | 4:00PM

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

### United Goalkeeper Clinic (8-12 years)

Fridays 4:30PM

For any Hill House Boston United players interested in learning the unique position of goalkeeper, join coach Jonny before United Friday practices. Our clinic will focus on catching, footwork, distribution and much more!

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## SOFTBALL

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

Thursdays | 5:00PM

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

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

Thursdays | 5:00PM

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

AAA players will have the opportunity to play in travel games against the North End later in the season.

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

### Art & Stem Outdoors (3-5 years)

Tuesdays | 4:15PM

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

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

Fridays 4:00PM

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)

Wednesdays | 3:30PM

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)

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

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

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

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

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

## THEATER

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

Mondays | 4:15PM

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

## Musical Theater & Arts (6-9 years)

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.

## ULTIMATE FRISBEE

### Ultimate Frisbee (7-12 years)

Sundays 11:00AM

Come on down to the Esplanade fields on Sundays this spring for our brand new program! Learn the basics of Ultimate Frisbee from Hill House staff and volunteers, a sport that helps develop your all-around athleticism. Work on the fundamentals and build into fun game-like drills each week, all while enjoying beautiful spring days out next to the Charles River!

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*Have questions about our program offerings?  
Contact Chelsea for enrichment programs and Marshall  
for athletics at 617-227-5838.*

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SPRING 2022

# ATHLETIC AND PROGRAM GUIDE

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

## Membership—\$150/yr

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

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

**EMAIL** dpowers@hillhouseboston.org

**VISIT** www.hillhouseboston.org

## Registration Opens

**February 8** for members, 10am

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

## Programs Start

Indoors on **March 14**

## This Season At-a-Glance

**March 14** Indoor Programs Begin

**April 4** Boston Common Fields Open

**April 18** Hill House Closed;  
Patriots' Day

**May 3** Soccer League Registration  
Opens for Members

**May 5** Soccer League Registration  
Opens for Public

**May 17 & 19** United Soccer Tryouts

**May 24** Fall Registration  
Opens for Members

**May 26** Fall Registration  
Opens for Public

**May 30** Hill House Closed;  
Memorial Day

**June 13** Summer Camp Begins

**June 13** Summer Art, Music and  
Sports Programming Begins



## Questions?

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