

FALL 2022 ATHLETIC & PROGRAM GUIDE



REGISTRATION OPENS

May 24 for members
May 26 for non-members

PROGRAMS START

September 6



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

MONDAY

FALL 2022
ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY	ART ROOM	CLASSROOM	ZOOM	74 JOY	BOSTON COMMON
<p>Jumping Jacks Gym (1–3 yrs) 10:15-11:00</p> <p>Jumping Jacks Gym (1–3 yrs) 11:15-12:00</p>	<p>Mundo de Colores (1–3 yrs) 9:15-10:00</p>	<p>ABC Spanish in Motion (0–5 yrs) 9:30-10:15</p> <p>ABC Spanish in Motion (0–5 yrs) 10:30-11:15</p>			
<p>Mommy & Me Yoga (0–6mo) 2:30-3:15</p> <p>Beginner Fencing (5–12 yrs) 4:30-5:15</p>	<p>Pre-school Picasso (3–5 yrs) 3:30-4:00</p> <p>Science Explorers (3–5 yrs) 4:30-5:00</p>	<p>Video Game Design (7–12 yrs) 4:30-5:30</p>	<p>Intermediate Chess (7–10 yrs) 4:00-4:45</p>	<p>Bitty Basketball (3–5 yrs) 4:00yrs-4:45</p>	<p>Half Kick Soccer (3–5 yrs) 1:30-2:15</p> <p>Tennis Club (3–5 yrs) 3:00-3:45</p> <p>Born to Play Baseball (3–5 yrs) 3:00-3:45</p> <p>Tennis Club (5–6 yrs) 3:45-4:30</p> <p>Tee Ball Clinics (5–6 yrs) 4:00-4:45</p> <p>Tennis Club (Beg.) (6–12 yrs) 4:30-5:15</p> <p>AA Baseball Clinics (7–8 yrs) 4:45-5:30</p>
<p>Beginner Fencing (5–12 yrs) 5:30-6:15</p> <p>Intermediate Fencing (7–12 yrs) 6:30-7:15</p>		<p>Minecraft (7-12yrs) 5:30-6:30</p>		<p>6U Basketball Clinics (5–6 yrs) 5:00-5:45</p> <p>8U Basketball Clinics (7–8 yrs) 6:00-6:45</p>	<p>Tennis Club (Adv.) (7–12 yrs) 5:15-6:00</p> <p>Baseball Batting Practice (9–12 yrs) 5:30-6:00</p>



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TUESDAY

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ART ROOM	CLASSROOM	74 JOY	BOSTON COMMON	TERSF
<p>Sensory Play (1–3 yrs) 9:15-10:00</p> <p>Paint & Play with David 10:15</p> <p>Art in Nature (1–3 yrs) 11:15-12:00</p>	<p>Mini-Jumping Jacks Gym (1–3 yrs) 9:15-10:00</p> <p>Mini-Jumping Jacks Gym (1–3 yrs) 10:15-11:00</p> <p>Mini-Jumping Jacks Gym (1–3 yrs) 11:15-12:00</p>		<p>Little Groove Music (3mo-4 yrs) 9:30-10:00</p> <p>Little Groove Music (3mo-4 yrs) 10:15-10:45</p> <p>Little Groove Music (3mo-4 yrs) 11:00-11:30</p>	
<p>Pre-school Picasso (3–5 yrs) 3:30-3:15</p> <p>Clay Creations (3–5 yrs) 4:00-4:45</p>	<p>Stuffed Animal Art (5–7 yrs) 4:00-4:45</p>	<p>Kiddie Karate (3–5 yrs) 3:30-4:15</p> <p>Kiddie Karate (3–5 yrs) 4:30-5:15</p>	<p>Superhero Multi-Sports (3–5 yrs) 1:30-2:15</p> <p>Tennis Club (3–5 yrs) 3:00-3:45</p> <p>Tennis Club (5–6 yrs) 3:45-4:30</p> <p>Tennis Club (Beg.) (6–12 yrs) 4:30-5:15</p>	<p>Revs Rookie League (4 yrs) 4:15-5:00</p>
<p>Jewelry Making (6–9 yrs) 5:00-5:45</p>		<p>Beginner Karate (6–8 yrs) 5:30-6:15</p> <p>Intermediate Karate (8–10 yrs) 6:30-7:15</p>	<p>Girls Running Club (7–12 yrs) 5:00-6:00</p> <p>Tennis Club (Adv.) (7–12 yrs) 5:15-6:00</p>	<p>6U Soccer Practices (5–6 yrs) 5:15-6:00</p>
				



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WEDNESDAY

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MAIN ASSEMBLY	ART ROOM	CLASSROOM	KITCHEN	74 JOY	BOSTON COMMON	TERSF
<p>Jumping Jacks Gym (1-3 yrs) 9:15-10:00</p> <p>Jumping Jacks Gym (1-3 yrs) 10:15-11:00</p> <p>Jumping Jacks Gym (1-3 yrs) 11:15-12:00</p>		<p>Music Together (0-5 yrs) 9:15-10:00</p>				
	<p>Storybook STEM (3-5 yrs) 3:30-4:15</p>		<p>Art of Cooking II (5-7 yrs) 4:30-5:15</p>	<p>Toddler Storybook Ballet (3-5 yrs) 4:30-5:15</p>	<p>Half Kick Soccer (3-5 yrs) 1:30-2:15</p> <p>Tennis Club (3-5 yrs) 3:00-3:45</p> <p>Born to Play Baseball (3-5 yrs) 3:00-3:45</p> <p>Tennis Club (5-6 yrs) 3:45-4:30</p> <p>Tennis Club (Beg.) (6-12 yrs) 4:30-5:15</p>	
					<p>Tennis Club (Adv.) (7-12 yrs) 5:15-6:00</p>	<p>8U Girls Soccer Practices (7-8 yrs) 5:00-6:00</p> <p>11U Boys Soccer Practices (9-11 yrs) 6:00-7:00</p>
		<p>Improv 5:00-6:30</p>		<p>Storybook Ballet (5-7 yrs) 5:30-6:15</p> <p>Tumble & Cheer (6-10 yrs) 6:30-7:15</p>		



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THURSDAY

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MAIN ASSEMBLY	ART ROOM	CLASSROOM	KITCHEN	74 JOY	BOSTON COMMON	TERSF
<p>Vamos a Saltar (1–3 yrs) 9:15-10:00</p> <p>Jumping Jacks Gym (1–3 yrs) 10:15-11:00</p> <p>Jumping Jacks Gym (1–3 yrs) 11:15-12:00</p>	<p>Sensory Play (1–3 yrs) 9:15-10:00</p> <p>Paint & Play (1–3 yrs) 10:30-11:15</p> <p>Art in Nature (1–3 yrs) 11:15-12:00</p>					
	<p>Little Builders (3–5 yrs) 3:30-4:15</p> <p>Fashion Design (5–7 yrs) 4:00-4:45</p> <p>Knitting Club (5–7 yrs) 4:30-5:15</p>	<p>Express Yourself (3–5 yrs) 3:00-3:45</p>	<p>Cocinar con Amigos (5–7 yrs) 4:00-4:45</p>	<p>Kiddie Karate (3–5 yrs) 4:30-5:15</p>	<p>Superhero Multi-Sports (3–5 yrs) 1:30-2:15</p> <p>Tennis Club (3–5 yrs) 3:00-3:45</p> <p>Tennis Club (5–6 yrs) 3:45-4:30</p> <p>Tennis Club (Beg.) (6–12 yrs) 4:30-5:15</p>	
		<p>Intro to Acting (6–9 yrs) 5:00-5:45</p>	<p>Great Hill House Bake-Off (6–8 yrs) 5:00-5:45</p>	<p>Beginner Karate (6–8 yrs) 5:30-6:15</p> <p>Intermediate Karate (8–10 yrs) 6:30-7:15</p>	<p>Fall Baseball (9–13 yrs) 5:00-6:30</p> <p>Tennis Club (Adv.) (7–12 yrs) 5:15-6:00</p>	<p>8U Boys Soccer Practices (7–8 yrs) 5:00-6:00</p> <p>11U Girls Soccer Practices (9–11 yrs) 5:00-6:00</p>



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FRIDAY

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ART ROOM	CLASSROOM	74 JOY	BOSTON COMMON	TERSF
<p>Mundo de Colores (1–3 yrs) 9:15-10:00</p> <p>Paint & Play (1–3 yrs) 10:15-11:00</p> <p>Scribble & Squish (1–3 yrs) 11:15-12:00</p>	<p>Little Groove Music (3mo-4 yrs) 9:30-10:00</p> <p>Little Groove Music (3mo-4 yrs) 10:15-10:45</p> <p>Little Groove Music (3mo-4 yrs) 11:00-11:30</p>			
<p>Ocean Explorers (3–5 yrs) 3:00-3:45</p> <p>Science Explorers (3–5 yrs) 4:00-4:45</p>	<p>Canta Y Baila (0–5 yrs) 3:00</p> <p>Chess Club (Beg.) (5–7 yrs) 4:15-5:00</p>	<p>Bitty Basketball (3–5 yrs) 4:00-4:45</p>	<p>Half Kick Soccer (3–5 yrs) 12:30-1:15</p> <p>Half Kick Soccer (3–5 yrs) 1:30-2:15</p> <p>Intro to Flag Football 4:00-4:45</p>	
	<p>Chess Club (Adv.) (7–12 yrs) 5:15-6:00</p>	<p>6U Basketball Clinics (5–6 yrs) 4:50-5:35</p> <p>8U Basketball Clinics (7–8 yrs) 5:40-6:25</p>	<p>Friday Flag Football (7–12 yrs) 5:00-6:00</p>	<p>United Goalkeeper Clinic (8–12 yrs) 4:30-5:15</p> <p>United Soccer Practices (8–12 yrs) 5:30-6:55</p>





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WEEKEND

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SATURDAY

MAIN ASSEMBLY	TERSF
<p>Get into Gymnastics (3–5) 9:00–9:40</p> <p>Get into Gymnastics (3–5 yrs) 9:45–10:25</p> <p>Gymnastics I (6–10 yrs) 10:30–11:10</p> <p>Gymnastics II (6–10 yrs) 11:15–11:55</p>	<p>6U Soccer Games (5–6 yrs) 8:30 or 9:30 starts</p> <p>11U Girls Soccer Games (9–11 yrs) 9:30</p> <p>8U Girls Soccer Games (7–8 yrs) 10:30 or 11:30</p> <p>11U Boys Soccer Games (9–11 yrs) 10:30 or 11:30</p> <p>Half Kick Soccer 10:30–11:15</p> <p>United Soccer Games (8–12 yrs) 10:30–3:30</p> <p>Half Kick Soccer 11:15–12:00</p>
	<p>8U Boys Soccer Games (7–8 yrs) 12:30, 1:30 or 2:30</p> <p>Half Kick Soccer 12:00–12:45</p>

SUNDAY

MAIN ASSEMBLY	CLEMENTE FIELD	74 JOY
<p>Mommy & Me Yoga (0–6mo) 10:00–10:45</p>	<p>Patriots NFL Flag League (K–1st G) 8:30–9:30</p> <p>Junior NFL Flag League (2nd–3rd G) 9:00–10:30</p> <p>Senior NFL Flag League (3rd–4th G) 10:00–11:30</p> <p>Pro NFL Flag League (5th–7th G) 11:00–12:30</p>	
	<p>Beginner Lacrosse (5–7 yrs) 1:00–1:45</p>	<p>Tennis Club (3–5 yrs) 12:00–12:45</p> <p>Tennis Club (Beg.) (6–12 yrs) 1:00–1:45</p> <p>Tennis Club (Adv.) (7–12 yrs) 2:00–2:45</p>



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NOTE: Participants must meet a program's minimum age requirement by September 1, 2022.

ART

Art in Nature (1-3 years)

Tuesdays, Thursdays 11:15AM

Explore mother nature and the elements in this 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!

Clay Creations (3-5 years)

Tuesdays 4:00PM

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!

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 (5-7 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)

Tuesdays 5:00PM

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.

Knitting Club (5-7 years)

Thursdays 5:00PM

Come join us for our Knitting Club! This class is geared towards students who are curious to learn more about knitting and practice their skills with an experienced instructor. They will explore various tools and knitting techniques in this class. All skill levels are welcome.

Little Builders (3-5 years)

Thursdays 3:00PM

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.

Mundo de Colores (1-3 years)

Mondays, Fridays 9:15AM

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.

Ocean Explorers (3-5 years)

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 create a new art project related to the lesson each week, learning a greater understanding of the seven seas.

Paint & Play (1-3 years)

Thursdays 10:30AM

Fridays 10:15AM

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!



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Pre-school Picasso (3-5 years)

Mondays 3:15PM

Tuesdays 3:00PM

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)

Fridays 11:15AM

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, Thursdays 9:15AM

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.

Stuffed Animal Art (5-7 years)

Tuesdays 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

Born to Play Baseball (3-5 years)

Mondays, Wednesdays 3:00PM

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!

T-Ball Clinics (5-6 years)

Mondays 4:00PM

Graduate from our Red Sox Rookie League and have your player join their first Hill House team! These fun introductory clinics still covers the basics, but exposes players to formalized game play, the rules, and processes of America's pastime.

AA Baseball Clinics (7-8 years)

Mondays 4:45 PM

Hill House Little League's AA division is welcome to 7-8-year-olds of all experience levels. All development curriculum will be designed by our professional staff to ensure the fundamentals are learned through fun, fast and active games.



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Baseball Batting Practice (9-12 years)

Mondays 5:30PM

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.

Fall Baseball (9-13 years)

Thursdays 5:00PM

For all our AAA and Majors players looking to get out on the diamond before the cold of winter sets in! Join our fantastic Majors coaches and volunteers as they continue to develop your skills learned from the spring.

BASKETBALL

Bitty Basketball (3-5 years)

Mondays, Fridays 4:00PM

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, Fridays 5:00PM

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.

8 & Under Basketball Clinics (7-8 years)

Mondays, Fridays 6:00PM

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

Chess Club

Beginners (5-7 years) Fridays 4:15PM

Advanced (7-12 years) Fridays 5:15PM

For Beginners: 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!

For Advanced: 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.

Intermediate Chess (7-10 years)

Mondays 4:00PM

Online

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

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 (5-7 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. Please note: this is a drop-off class.

Great Hill House Bake-Off (6-8 years)

Thursdays 5:00PM

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

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.



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Storybook Ballet (5-7 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.

FENCING

Beginner Fencing (5-12 years)

Mondays 4:30PM & 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 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 (3-5 years)

Fridays 4:00PM, 4:45PM

Saturdays 9:00AM, 9:45AM

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 years)

Fridays 5:30PM

Saturdays 10:30AM

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 (6-10 years)

Saturdays 11:15AM

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 years)

Mondays, Wednesdays, Thursdays

10:15AM & 11:15AM

Wednesdays 9:15AM

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.



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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 in this class. This mini class will allow a maximum of 5 participants, creating a space for a quiet and smaller group atmosphere!

Mommy & Me Yoga (0-6 months)

Mondays 2:30PM

Sundays 10:00AM

A playful and safe environment for Mom to strengthen, soften, and rejuvenate her body. Mom will move through poses, alongside or with Baby, exploring your bodies together and sharing a unique bonding experience. Please wear comfortable clothing, bring a yoga mat if you have one, and a receiving blanket for your baby. Sleeping babies are welcome too! This class is for babies 0-6 months.

Tumble & Cheer (6-10 years)

Wednesdays 6:30PM

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!

Superhero Multi-Sports (3-5 years)

Tuesdays, 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, 2:15PM, 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!

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.

Patriots NFL Flag Football League (K-1st grade)

Sundays 8:30AM

The Patriots Developmental League will be run for K through grade 1 players. This program will focus on properly teaching the fundamentals and work towards informal gameplay to prepare these new players for teamplay in future seasons. Hill House staff coaches will create a fun and supportive environment, exposing players to the basics of both offensive and defensive play.

Junior NFL Flag Football League (2nd-3rd grade)

Sundays 9:00AM

The Junior League will be offered for grade 2 and grade 3 players. This program will introduce formal games and continue development of the fundamentals for all players. Volunteer coaches will lead teams through a regular schedule of games that ends with a fun and competitive tournament to find our Junior League champion. *Sessions will include a half hour practice before games.*

Senior NFL Flag Football League (4th-5th grade)

Sundays 10:00AM

The Senior League will be offered for grade 4 and grade 5 players. This program will introduce formal games and continue development of the fundamentals for all players. Volunteer coaches will lead teams through a regular schedule of games that ends with a fun and competitive tournament to find our league champion. *Sessions will include a half hour practice before games.*

Pro NFL Flag Football League (6th-8th grade)

Sundays 11:00AM

The Pro League will be offered for grade 7 and grade 8 players. This program will introduce formal games and continue development of the fundamentals for all players. Volunteer coaches will lead teams through a regular schedule of games that ends with a fun and competitive tournament to find our league champion. *Sessions will include a half hour practice before games.*

FOREIGN LANGUAGE

ABC Spanish in Motion (0-5 years)

Mondays 9:30AM & 10:30AM

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 top with patos (ducks) and ranas (frogs). If your child likes jumping, dancing, and singing this is the perfect class!



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

www.hillhouseboston.org

REGISTRATION

Opens May 24 for members,
May 26 for non-members.

PROGRAMS START

Tuesday, September 6

PROGRAM DESCRIPTIONS

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

FALL 2022
ATHLETIC AND PROGRAM GUIDE

Vamos a Saltar (1-3 years)

Thursdays 9:15AM

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

Kiddie Karate (3-5 years)

Tuesdays 3:30PM & 4:30PM

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.

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)

Tuesdays, 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.



LACROSSE

Beginner Lacrosse (5-7 years)

Sundays 1:00PM

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 allow for skill building in a safe environment.

MUSIC

Canta y Baila (0-5 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 is required to purchase or rent your own Instrument Set to participate in this class.

Little Groove Music (3 months-4 years)

Tuesdays, 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!

Music Together (0-5 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 (7-12 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.



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SOCCER

Half Kick Soccer (3-5 years)

Mondays, Wednesdays, Fridays 1:30PM

Fridays 12:30PM

Saturdays 10:30AM, 11:15AM, 12:00PM

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.

Revs Rookie League (4 years)

Tuesdays 4:15PM

Start your player's journey in Hill House's renowned in-house soccer program with the Revs Rookie League! This league provides a supportive and rewarding environment that emphasizes fun, teamwork, and skill-building at a level that fits his or her interest and ability.

6 & Under Soccer League (5-6 years)

Practices Tuesdays 5:15PM

Games Saturdays 8:30AM or 9:30AM

Hill House's renowned in-house fall soccer leagues give players the opportunity to play soccer in a supportive and rewarding environment that emphasizes fun, teamwork and skill-building at a level that fits his or her interest and ability.

8 & Under Girls Soccer League (7-8 years)

Practices Wednesdays 5:00PM

Games Saturdays 10:30AM or 11:30AM

Hill House's renowned in-house fall soccer leagues give players the opportunity to play soccer in a supportive and rewarding

environment that emphasizes fun, teamwork, and skill-building.

8 & Under Boys Soccer League (7-8 years)

Practices Thursdays 5:00PM

Games Saturdays 12:30PM, 1:30PM, or 2:30PM

Hill House's renowned in-house fall soccer leagues give players the opportunity to play soccer in a supportive and rewarding environment that emphasizes fun, teamwork, and skill-building.



11 & Under Girls Soccer League (9-11 years)

Practices Thursdays 5:00PM

Games Saturdays 9:30AM

Develop your soccer player's skills through age and ability specified coaching. Players will learn both individual skills and team concepts during practice and the meet to compete for the championship through weekly games on Saturday mornings. IU players will be divided into teams and coached by Hill House coaches and volunteers. The specially designed curriculum will target all the skills and development needed for players of this age. Coaching will ensure that fun, enjoyment, and teamwork are emphasized just as much as skills and drills.

11 & Under Boys Soccer League (9-11 years)

Practices Wednesdays 6:00PM

Games Saturdays 10:30AM or 11:30AM

Develop your soccer player's skills through age and ability specified coaching. Players will learn both individual skills and team concepts during practice and the meet to compete for the championship through weekly games on Saturday mornings. IU players will be divided into teams and coached by Hill House coaches and volunteers. The specially designed curriculum will target all the skills and development needed for players of this age. Coaching will ensure that fun, enjoyment, and teamwork are emphasized just as much as skills and drills.

United Soccer Footskills (8-12 years)

Mondays 4:00PM

Held on Mondays in the fall and spring seasons, these clinics are open to all 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!

United Soccer Practices (8-12 years)

Fridays 5:30PM

Hill House United is a travel soccer program for advanced players looking to learn and compete at a higher level. Teams compete in the Boston Area Youth Soccer League and play other local travel teams. Playing requires a significant commitment due to the travel involved. All travel is limited to the Greater Boston area.

Team practices are Fridays 5:30-6:55pm at the Teddy Ebersol Red Sox Fields.

Game schedules for Saturdays will be distributed preceding each season.

The fall season runs from the beginning of September up until Thanksgiving.

The spring season then resumes at the start of April and is completed mid-June.

Players must have tried out and been accepted to the team before registering. All players will receive a full kit including a jersey, shorts, and socks.



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STEM (SCIENCE, TECHNOLOGY, ENGINEERING, & MATH)

Science Explorers (3-5 years)

Mondays 4:15PM

Fridays 4:00PM

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!

Minecraft (7-12yrs)

Mondays in the classroom 5:30-6:30

Come take a deep dive into Minecraft modding! Always a big favorite, using MCreator software, students will alter ("mod") existing characters and designs, and build new, highly customized armor, tools, and building blocks.

Then, they'll step up to create more complicated modded objects such as volcanoes, waterfalls, new dimensions, or even a game version of themselves! They will examine how their new designs — saved in their own Minecraft world — influenced gameplay. This class is perfect for anyone who loves Minecraft and wants to have even more control over what they can build.

Storybook STEM (3-5 years)

Wednesdays 3:30PM

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

Video Game Design (6-10 years)

Mondays 4:30PM

Does your child love video games? In this class, we will channel that passion by having them learn to build their own! Together with

like-minded students, they will build simple video games step-by-step, experimenting with specific tasks and movements, and sharing gameplay with their peers, while learning introductory coding concepts. They will learn to use game design program Flowlab, a platform used by professional game designers to prototype their creations using accessible drag-and-drop coding. All games will be stored online, so students can gain access after class ends, and, if their game is approved, upload it to Google Play or the Apple Store!

TENNIS

Tennis Club

3-5 years

Mondays, Tuesdays, Wednesdays, Thursdays 3:00PM;

Sundays 12:00PM

5-6 years

Mondays, Tuesdays, Wednesdays, Thursdays 3:45PM

Beginners 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 Boston 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 class which will develop each player's "love" for tennis. Players will need to provide their own racquets.

THEATER

Improv (6-9 years)

Wednesdays 5:00PM

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!

Intro to Acting (6-9 years)

Thursdays 5:00PM

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!

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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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ATHLETIC AND PROGRAM GUIDE

WHO WE ARE

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.



THIS SEASON AT-A-GLANCE

September 5

Hill House Closed;
Labor Day

September 6

Fall programs begin

September 20

Winter basketball registration members

September 22

Winter basketball registration non-members

October 4

Winter registration members

October 6

Winter registration non-members

October 10

Columbus Day
Indigenous Peoples Day

November 1

Flag Football (2023 season)
early-bird registration

MEMBERSHIP—\$150/YEAR

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

CALL | 617-227-5838, x230

EMAIL | kkeches@hillhouseboston.org

VISIT | hillhouseboston.org

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