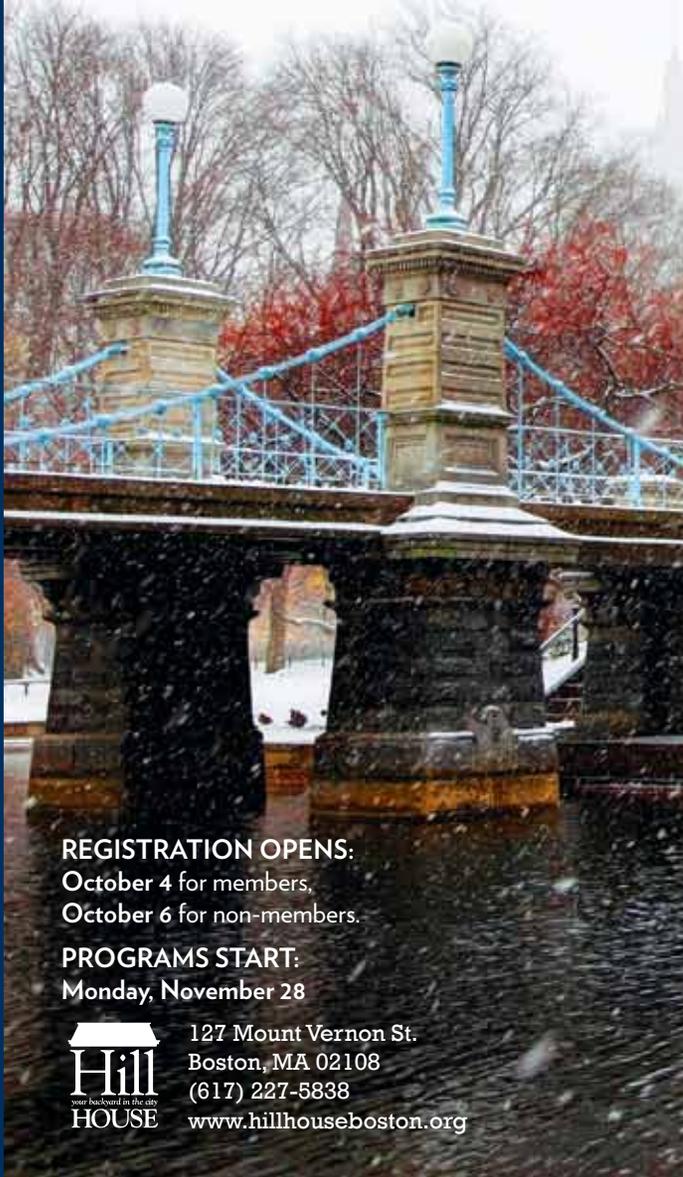


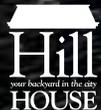
WINTER 2022-2023

ATHLETIC AND PROGRAM GUIDE

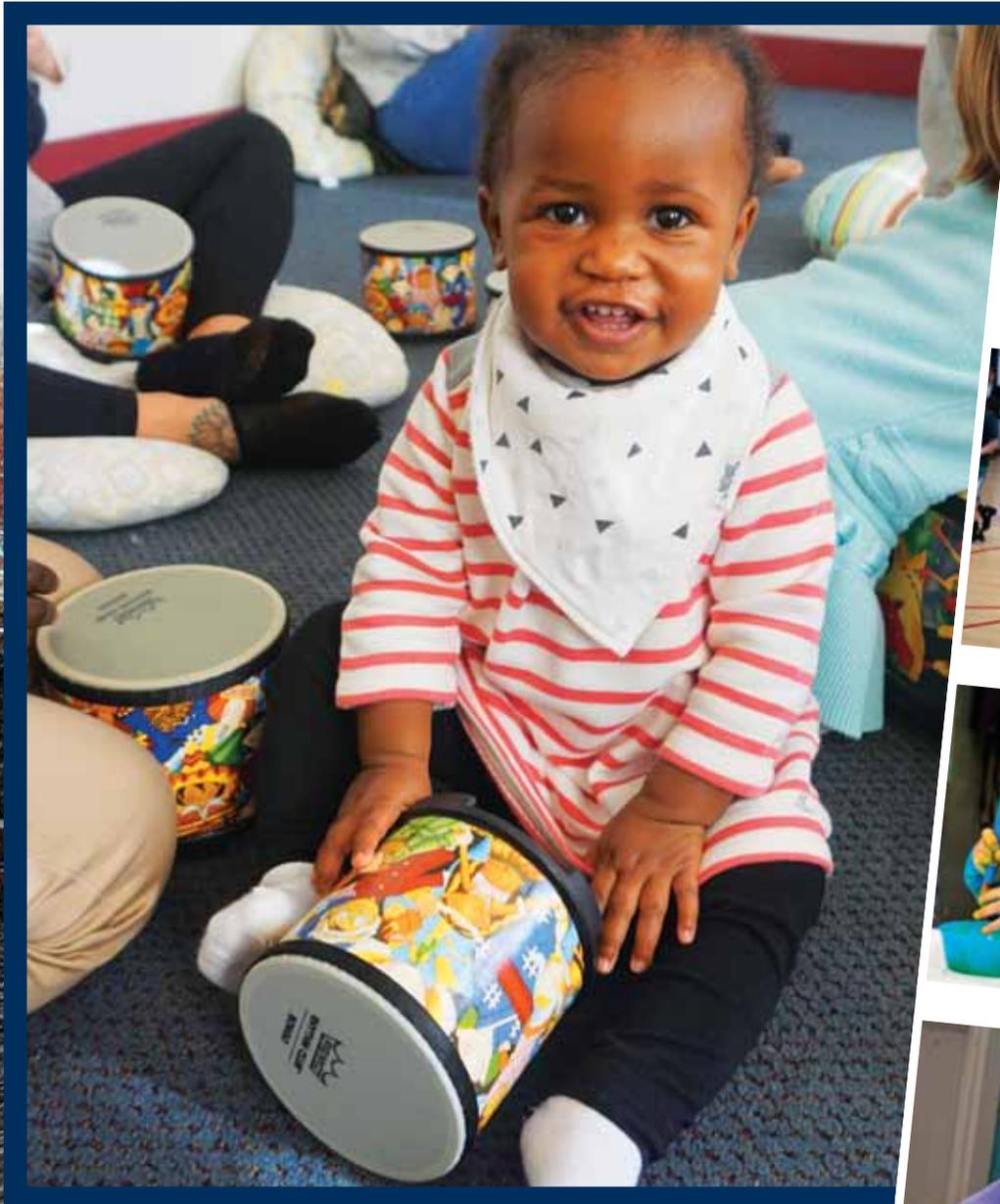


REGISTRATION OPENS:
October 4 for members,
October 6 for non-members.

PROGRAMS START:
Monday, November 28



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MONDAY

**WINTER
2022-2023**

MAIN ASSEMBLY ROOM (MAR)	ART ROOM	CLASSROOM	74 JOY STREET	HUNTINGTON AVE YMCA	STERITI RINK
<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>Open Playgroup (1-5 yrs) 12:00-1:00</p> <p>Half Kick Soccer (3-5 yrs) 1:30-2:10</p> <p>Tennis Club Skills (3-4 yrs) 3:00-3:40</p> <p>Tennis Club Skills (5-6 yrs) 3:45-4:25</p> <p>Tennis Club Skill (Beginner) (6-12 yrs) 4:30-5:10</p>	<p>Pre-school Picasso (3-5 yrs) 3:30-4:15</p> <p>Science Explorers (3-5 yrs) 4:30-5:15</p>	<p>Video Game Design (7-12 yrs) 4:30-5:30</p>	<p>Bitty Basketball (3-5 yrs) 3:00-3:40</p> <p>Bitty Basketball (3-5 yrs) 3:45-4:25</p> <p>6U Basketball (5-6 yrs) 4:30-5:10</p>	<p>8U Junior Basketball League (7-8 yrs) 4:45-6:00</p>	
<p>Beginner Epee Fencing (5-12 yrs) 5:15-5:55</p> <p>Intermediate Foil Fencing (5-12 yrs) 6:00-6:40</p> <p>Advanced Fencing (7-12 yrs) 6:45-7:30</p>		<p>Minecraft Exploration (7-12 yrs) 5:30-6:30</p>	<p>6U Basketball (5-6 yrs) 5:15-5:55</p> <p>Winter Baseball (9-12 yrs) 6:00-6:50</p>	<p>YMCA Swim Class (3-5 yrs) 5:15-5:45</p> <p>YMCA Swim Class (5-12 yrs) 5:15-6:00</p>	<p>Start to Skate (4-10 yrs) 5:00-5:50</p> <p>Hockey Skating Skills (6-12 yrs) 5:00-5:50</p> <p>Figure Skating Skills (6-12 yrs) 5:00-5:50</p>

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TUESDAY

WINTER
2022-2023

MAIN ASSEMBLY ROOM (MAR)

Little Groove Music (3mo-4 yrs)

9:30-10:00

Little Groove Music (3mo-4 yrs)

10:15-10:45

Little Groove Music (3mo-4 yrs)

11:00-11:30

Ninja Warrior Training (3-5 yrs)

1:30-2:10

Tennis Club Skills (3-4 yrs)

3:00-3:40

Tennis Club Skills (5-6 yrs)

3:45-4:25

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

4:30-5:10

Tennis Club Skills
(Advanced) (7-12 yrs)

5:15-5:55

ART ROOM

Sensory Art (1-3 yrs)

9:15-10:00

Paint & Play (1-3 yrs)

10:15-11:00

Art in Nature (1-3 yrs)

11:15-12:00

Open Art (1-5 yrs)

1:00-3:00

Pre-school Picasso (3-5 yrs)

3:30-4:15

Clay Creations (3-5 yrs)

4:30-5:15

CLASSROOM

Mini Jumping Jacks Gym (1-3 yrs)

9:15-10:00

Mini Jumping Jacks Gym (1-3 yrs)

10:15-11:00

Mini Jumping Jacks Gym (1-3 yrs)

11:15-12:00

Art & STEM (3-5 yrs)

3:00-3:45

Stuffed Animal Art (5-7 yrs)

4:00-4:45

Jewelry Making (6-9 yrs)

5:00-5:45

74 JOY

Bitty Basketball (3-5 yrs)

3:00-3:40

6U Basketball League (5-6 yrs)

3:45-4:25

Kiddie Karate (3-5 yrs)

4:30-5:10

Kiddie Karate (3-5 yrs)

5:15-5:55

Beginner Karate (6-8 yrs)

6:00-6:40

Intermediate Karate (8-10)

6:45-7:30

HUNTINGTON AVE YMCA

Girls Intro Basketball League
(7-12 yrs)

4:45-6:00

YMCA Swim Class (3-5 yrs)

5:15-5:45

YMCA Swim Class (5-12 yrs)

5:15-6:00



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WEDNESDAY

**WINTER
2022-2023**

MAIN ASSEMBLY ROOM (MAR)	ART ROOM	CLASSROOM	KITCHEN	74 JOY	HUNTINGTON AVE YMCA
<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>Open Playgroup (1-5 yrs) 12:00-1:00</p> <p>Born to Play Baseball 1:30-2:10</p> <p>Tennis Club Skills (3-4 yrs) 3:00-3:40</p> <p>Tennis Club Skills (5-6 yrs) 3:45-4:25</p> <p>Tennis Club Skills (Beginner) (6-12 yrs) 4:30-5:10</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>Bitty Basketball (3-5 yrs) 3:00-3:40</p> <p>6U Basketball League (5-6 yrs) 3:45-4:25</p> <p>Toddler Storybook (3-5 yrs) 4:30-5:15</p>	
<p>Tennis Club Skills (Advanced) (7-12 yrs) 5:15-5:55</p>		<p>Improv (6-9 yrs) 5:00-6:00</p>		<p>Storybook Ballet (5-7 yrs) 5:30-6:15</p>	<p>13U Basketball League (11-13 yrs) 5:00-7:00</p> <p>YMCA Swim Class (3-5 yrs) 5:15-5:45</p> <p>YMCA Swim Class (5-12 yrs) 5:15-6:00</p>



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THURSDAY

**WINTER
2022-2023**

MAIN ASSEMBLY ROOM (MAR)	ART ROOM	CLASSROOM	KITCHEN	74 JOY	HUNTINGTON AVE YMCA
<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) 10:15-11:00</p> <p>Art in Nature (1-3 yrs) 11:15-12:00</p>				
<p>Superhero Multi-Sports (3-5 yrs) 1:30-2:10</p> <p>Tennis Club Skills (3-4 yrs) 3:00-3:40</p> <p>Tennis Club Skills (5-6 yrs) 3:45-4:25</p> <p>Tennis Club Skills (Beginner) (6-12 yrs) 4:30-5:10</p>	<p>Little Builders (3-5 yrs) 3:30-4:15</p> <p>Fashion Design (5-7 yrs) 4:00-4:45</p>	<p>Crafts & Games (3-5 yrs) 3:00-3:45</p>	<p>Cocinar con Amigos (5-7 yrs) 4:30-5:15</p>	<p>Ninja Warrior Training (3-5 yrs) 3:00-3:40</p> <p>Ninja Warrior Training (3-5 yrs) 3:45-4:25</p> <p>Kiddie Karate (3-5 yrs) 4:30-5:10</p> <p>Kiddie Karate (3-5 yrs) 5:15-5:55</p>	
<p>Tennis Club Skills (Advanced) (7-12 yrs) 5:15-5:55</p> <p>Tumble & Cheer (6-10) 6:15-7:00</p>	<p>Yarn & Things (5-7 yrs) 5:00-5:45</p>	<p>Intro to Acting (6-9 yrs) 5:00-6:00</p>	<p>Great Hill House Bake Off (6-8 yrs) 6:00-6:45</p>	<p>Beginner Karate (6-8 yrs) 6:00-6:40</p> <p>Intermediate Karate (8-10 yrs) 6:45-7:30</p>	<p>10U Basketball League (9-10 yrs) 5:00-7:00</p> <p>YMCA Swim Class (3-5 yrs) 5:15-5:45</p> <p>YMCA Swim Class (5-12 yrs) 5:15-6:00</p>



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FRIDAY

**WINTER
2022-2023**

MAIN ASSEMBLY ROOM (MAR)	ART ROOM	CLASSROOM	74 JOY
<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>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>Half Kick Soccer (3-5 yrs) 12:30-1:10</p> <p>Ninja Warrior Training (3-5 yrs) 1:30-2:10</p> <p>Get into Gymnastics (3-4 yrs) 4:00-4:40</p> <p>Get into Gymnastics (5-6 yrs) 4:45-5:25</p>	<p>Open Art (1-5 yrs) 12:30-2:30</p> <p>Ocean Explorers (3-5 yrs) 3:00-3:45</p> <p>Science Experiment Explorers (3-5 yrs) 4:00-4:45</p>	<p>Canta y Baila (0-5 yrs) 3:00-3:45</p> <p>Chess Club (Beginner) (5-7 yrs) 4:15-5:00</p>	<p>Bitty Basketball (3-5 yrs) 3:00-3:40</p> <p>6U Basketball League (5-6 yrs) 3:45-4:25</p> <p>6U Basketball League (5-6 yrs) 4:30-5:10</p>
<p>Gymnastics I (6-10 yrs) 5:30-6:20</p>		<p>Chess Club (Advanced) (7-12 yrs) 5:15-6:00</p>	<p>Friday Floor Hockey (7-12 yrs) 5:15-5:55</p> <p>Baseball Batting Practice (8-12 yrs) 6:00-6:40</p>



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WEEKEND

WINTER
2022-2023

SATURDAY

MAIN ASSEMBLY ROOM (MAR)

Get into Gymnastics (3-4 yrs)

9:00-9:40

Get into Gymnastics (5-6 yrs)

9:45-10:25

Gymnastics I (6-10 yrs)

10:30-11:10

Gymnastics II (7-10 yrs)

11:15-12:15

ART ROOM

Express Yourself (3-5 yrs)

9:00-9:45

Sing-along Nursery Rhyme Art
(1-3 yrs)

10:00-10:45

Art & STEM (3-5 yrs)

11:00-11:45

JOY ST

Half Kick Soccer (3-5 yrs)

9:30-10:10

Half Kick Soccer (3-5 yrs)

10:15-10:55

6U Futsal Clinics (5-6 yrs)

11:00-11:40

8U Futsal Clinics (7-8 yrs)

11:45-12:25

SUNDAY

MAIN ASSEMBLY ROOM (MAR)

Tennis Club Skills (3-4 yrs)

12:00-12:40

Tennis Club Skills (5-6 yrs)

12:45-1:25

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

1:30-2:10

JOY ST

6U Futsal Clinics (5-6 yrs)

9:30-10:10

8U Futsal Clinics (7-8 yrs)

10:15-10:55

11U Futsal Clinics (9-11 yrs)

11:00-11:40



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PROGRAM DESCRIPTIONS

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WINTER
2022-2023

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

ART

Art & STEM (3-5 years)

Tuesdays 3:00 pm

Saturdays 11:00 am

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, Thursday 11:15 am

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 4:30 pm

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

Crafts & Games (3-5 years)

Thursdays 3:00 pm

What's more fun than arts & crafts and playing some games while creating? Our staff are ready to lead you through exciting projects that will include utilizing different media – all

while exploring ways to make different crafts. Mix in some other fun and game activities all within one session and you have a party!

Express Yourself (3-5 years)

Saturdays 9:00 am

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 4:00 pm

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

Jewelry Making (6-9 years)

Tuesdays 5:00 pm

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.

Little Builders (3-5 years)

Thursdays 3:30 pm

Grab your curious creator and get ready to build some skills! This class will teach the importance of problem solving through various

materials. It will also be an introduction to 3D art and sculptures through fun projects.

Mundo de Colores (1-3 years)

Mondays, Fridays 9:15 am

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

Ocean Explorers (3-5 years)

Fridays 3:00 pm

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)

Tuesdays, Thursdays, Fridays 10:15 am

Join us for a hands-on, messy class letting your child create and play through different types of art! They will interact with other children through dramatic and pretend play by using various textures, materials, and mediums. Come ready to explore the world of art!



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Preschool Picasso (3-5 years)

Mondays, Tuesdays 3:30 pm

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 11:15 am

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 9:15 am

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

Sing Along Nursery Rhyme Art (1-3 years)

Saturdays 10:00 am

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!

Stuffed Animal Art (5-7 years)

Tuesdays 4:00 pm

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

Yarn & Things (5-7 years)

Thursdays 5:00 pm

Come join us for Yarn & Things! This class is geared towards students who are curious to learn more about knitting, sewing, and crochet! Each participant will have the opportunity to practice their skills with an experienced instructor. They will explore various tools and techniques in this class. All skill levels are welcome.

BASEBALL

Baseball Batting Practice (8-12 years)

Fridays 6:00 pm

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

Born to Play Baseball (3-5 years)

Wednesdays 1:30 pm

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



Winter Baseball (9-12 years)

Mondays 6:00 pm

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

BASKETBALL

Bitty Basketball (3-5 years)

Mondays 3:00 pm, 3:45 pm

Tuesdays, Wednesdays, Fridays 3:00 pm

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

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6U Basketball (5-6 years)

Tuesdays, Wednesdays, Fridays 3:45 pm

Mondays, Fridays 4:30 pm

Mondays 5:15 pm

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

8U Junior Basketball League (7-8 years)

Mondays 4:45 – 6:00 pm

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

10U Senior Basketball League (9-10 years)

Thursdays 5:00 – 7:00 pm

The 10U Senior Basketball League gives co-ed players the opportunity to play basketball in a supportive environment that emphasizes fun, sportsmanship while building on all the skills taught from the 6U and 8U levels. Returning in the winter 2021-2022 season, the schedule begins with three skills clinics before the holiday break. In the new year, children will be assigned teams and sessions will be broken into one-hour clinics and regular season games. The season will end with a 10U playoff tournament and all-star games for all players.

13U Pro Basketball League (11-13 years)

Wednesdays 5:00 – 7:00 pm

The Hill House 13U Pro Basketball League exists for our older basketball players. Each week focuses on layered development as we provide a challenging environment for players who aspire to reach their full potential. Returning in the winter 2021-2022 season, the schedule begins with three skills clinics before the holiday break. In the new year, children will be assigned teams and sessions will be broken into one hour or practice and one hour of games. The season will end with a 13U playoff tournament and all-star games for all our players.

Girls Intro Basketball League (7-12 years)

Tuesdays 4:45 – 6:00 pm

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

CHESS

Chess Club Beginner (5-7 years)

Fridays 4:15 pm

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



Chess Club Advanced (7-12 years)

Fridays 5:15 pm

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

COOKING

Art of Cooking II (5-7 years)

Wednesdays 4:30 pm

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 4:30 pm

Join us in the kitchen for a sizzling class all about the colorful culture and delicious foods of Latin America! While strengthening their Spanish vocabulary, students will learn safe kitchen practices as they create classic dishes that

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range from familiar to exotic. Please note: this is a drop-off class.

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

Thursdays 6:00 pm

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

DANCE

Storybook Ballet (5-7 years)

Wednesdays 5:30 pm

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

Toddler Storybook Ballet (3-5 years)

Wednesdays 4:30 pm

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

FENCING

Beginner Epee Fencing (5-12 years)

Mondays 5:15-5:55 pm

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

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

Intermediate Foil Fencing (5-12 years)

Mondays 6:00-6:40 pm

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



Advanced Intermediate Fencing (7-12 years)

Mondays 6:45-7:30 pm

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

FITNESS FUN & GYMNASTICS

Get into Gymnastics

3-4 years: Fridays 4:00-4:40 pm

Saturdays 9:00-9:40 am

5-6 years: Fridays 4:45-5:25 pm

Saturdays 9:45-10:25 am

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

Gymnastics I (6-9 years)

Fridays 5:30-6:10 pm

Saturdays 10:30-11:10 am

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

Gymnastics II (7-10 years)

Saturdays 11:15 am-12:15 pm

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

Mini Jumping Jacks Gym (1-3 years)

Tuesdays 9:15 am, 10:15 am, 11:15 am

Toddlers will be introduced to a play environment that encourages sharing, basic socialization, discovery, balancing, coordination, tumbling and hanging. Engaging gym and play equipment will aid toddlers in developing gross motor skills and an improved spatial awareness of their bodies as well as a love of physical activity and recreational play. Teacher led songs, games and parachute play will introduce structure, provide routine, and promote focus in this class. This mini class will allow a maximum of 5 participants, creating a space for a quiet and smaller group atmosphere!

REGISTRATION OPENS:

October 4 for members, October 6 for non-members.

PROGRAMS START: Monday, November 28



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617-227-5838

www.hillhouseboston.org

PROGRAM DESCRIPTIONS

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WINTER
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Jumping Jacks Gym (1-3 years)

Mondays, Thursdays, Fridays

10:15 am, 11:15 am

Wednesdays 9:15 am, 10:15 am, 11:15 am

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

Ninja Warrior Training (3-5 years)

Tuesdays, Fridays 1:30 pm

Thursdays 3:00, 3:45 pm

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

Superhero Multi-Sports (3-5 years)

Thursdays 1:30 pm

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

Tumble & Cheer (6-10 years)

Thursdays 6:15 pm

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

FLOOR HOCKEY

Friday Floor Hockey (7-12 years)

Fridays 5:15 pm

What better way to end a long week of school than playing floor hockey with a bunch of your friends? In this casual, pick-up style program, participants will walk into a made-over Firehouse where we set up matted boards to make our very own indoor "rink" that will feel like an actual arena. They will burn off plenty of energy trying to win their bragging rights game that will be all about fun and starting their weekend off right.

FOREIGN LANGUAGE

ABC Spanish in Motion (0-5 years)

Mondays 9:30 am, 10:30 am

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

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 9:15 am

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

ICE SKATING

Figure Skating Skills (6-12 years)

Mondays 5:00 pm

Grab your ice skates and head to Steriti Rink to hone your Figure Skating skills! This class will be taught by experienced professionals and will develop kids with a starting to intermediate knowledge of skating. Skaters will be split up by age and ability to ensure that each child will be working at their own speed for maximum development. A must for all New England kids!

Hockey Skating Skills (6-12 years)

Mondays 5:00 pm

Hone your Hockey Skating skills at the rink this winter with Hill House! This class will be taught by an experienced professional and will develop kids with a starting to intermediate knowledge of hockey skating. Skaters will be able to work on their speed and edge work each week to prepare them to join a team in a future winter. A must for all New England kids!



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Start to Skate (4-10 years)

Mondays 5:00 pm

Grab your ice skates and head to Steriti Rink to learn to skate. This introductory class will be taught by experienced professionals and will develop kids from standing to marching to skating. Skaters will be split up by age and ability to ensure that each child will be working at their own speed for maximum development. A must for all New England kids!

KARATE

Beginner Karate (6-8 years)

Tuesdays, Thursdays 6:00 pm

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

Intermediate Karate (8-10 years)

Tuesdays, Thursdays 6:45 pm

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



Kiddie Karate (3-5 years)

Tuesdays, Thursdays 4:30 pm

Tuesdays, Thursdays 5:15 pm

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

MUSIC

Canta y Baila (0-5 years)

Fridays 3:00 pm

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 (0-5 years)

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

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

Music Together (0-5 years)

Wednesdays 9:15 am

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.

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OPEN GROUPS

Open Art (1-5 years)

Tuesdays 1:00 pm

Fridays 12:30 pm

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

Open Playgroup (1-5 years)

Mondays, Wednesdays 12:00 pm

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

SOCCER

6U Futsal Clinic (5-6 years)

Saturdays 11:00 am

Sundays 9:30 am

8U Futsal Clinic (7-8 years)

Saturdays 11:45 am

Sundays 10:15 am

11U Futsal Clinic (9-11 years)

Sundays 11:00 am

Indoor Soccer develops excellent foot skills, ball control, patience and promotes a focus on teamwork. Our program will cultivate all aspects of a player's game by focusing on skills and drills as well as scrimmages, where we'll put newly learned skills into play. Players will scrimmage each week with different players in their same age and ability specific group.

Half Kick Soccer (3-5 years)

Mondays 1:30 pm

Fridays 12:30 pm

Saturdays 9:30 am, 10:15 am

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

STEM

Minecraft (7-12 years)

Mondays 5:30 pm

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. 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.

Science Explorers (3-5 years)

Mondays 4:30 pm

Fridays 4:00 pm

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

Storybook STEM (3-5 years)

Wednesdays 3:30 pm

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

Video Game Design (7-12 years)

Mondays 4:30 pm

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

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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!

SWIMMING

Swim Class (3-5 years) or (5-12 years)

Mondays, Tuesdays, Wednesdays, Thursdays
5:15 pm

During basketball, the YMCA are offering Hill House swim classes for any siblings on the sidelines! Join private, or semi-private, groups (depending on enrollment) as we take advantage of the Y's great pool.

Students will receive YMCA intensive swim lessons curriculum in a 6 week or 5-week session. Swimmers and parents will receive mid-session feed-back and final session report card on their swimmers performance.

TENNIS

Tennis Club (3-4 years)

Mondays, Tuesdays, Wednesdays, Thursdays
3:00 pm

Sundays 12:00 pm

Tennis Club (5-6 years)

Mondays, Tuesdays, Wednesdays, Thursdays
3:45 pm

Sundays 12:45 pm

Beginner Tennis (6-12 years)

Mondays, Tuesdays, Wednesdays, Thursdays
4:30 pm

Sundays 1:00 pm

Advanced Tennis (7-12 years)

Tuesdays, Wednesdays, Thursdays 5:15 pm

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

THEATRE

Improv (6-9 years)

Wednesdays 5:15 pm

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

Intro to Acting (6-9 years)

Thursdays 5:00 pm

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



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WINTER 2022-2023 ATHLETIC AND PROGRAM GUIDE

WINTER
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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

THIS SEASON AT-A-GLANCE

October 4: Winter Registration For members

October 6: Winter Registration For everyone

November 28: All Winter 2022-2023 programs including Basketball start

December 3: Hill House Holiday Tree Sale

December 19, 2022– January 1, 2023:

Hill House Closed for Holiday Break (we reopen on Monday, January 2, 2023)

January 10 & 11: Baseball registration opens

January 16: Closed for Martin Luther King, Jr Day

January 17: Summer Camp registration for returning families

January 19: Summer Camp registration for everyone

February 7: Spring registration for members

February 9: Spring registration for everyone

February 20: Closed for Presidents Day

**Please note, Schedule is subject to change*

STAFF LISTING

Lauren Hoops-Schmieg , <i>Executive Director</i> lschmieg@hillhouseboston.org	x180
Marshall Caldera , <i>Program Director</i> mcaldera@hillhouseboston.org	x130
Adriana Donohue , <i>Senior Instructor for Enrichment Programs</i> adonohue@hillhouseboston.org	x104
Maddie Ikeda , <i>Marketing & Development Associate</i> mikeda@hillhouseboston.org	x220
Katy Keches , <i>Director of Development & Marketing</i> kkeches@hillhouseboston.org	x220
Patty Kennedy , <i>Finance Manager</i> pkennedy@hillhouseboston.org	x120
John King , <i>Senior Athletics Coordinator</i> jking@hillhouseboston.org	x140
Judy MacNeill , <i>Office Assistant</i> jdmacneill@hillhouseboston.org	x100
Jamie Kelly , <i>Program Manager of Camp & Enrichment</i> jkelly@hillhouseboston.org	x110

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 17 for last year's campers and **January 19** to the community!

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