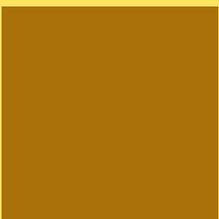
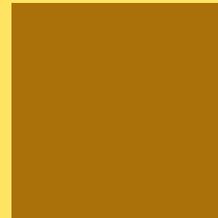
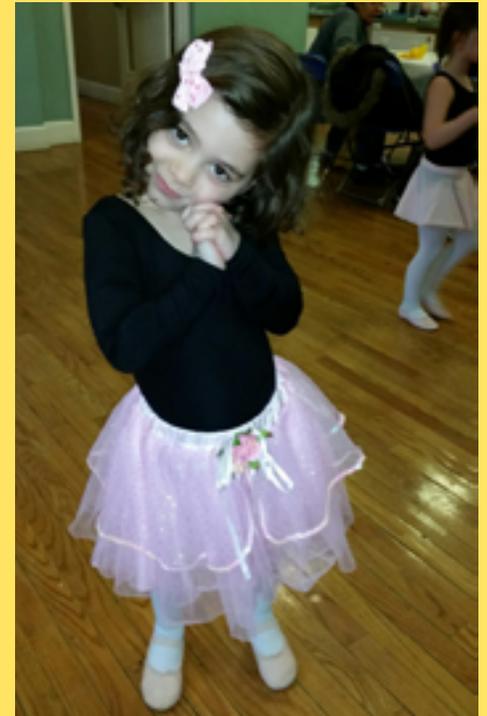




FALL 2016 ATHLETIC AND PROGRAM GUIDE

REGISTRATION OPENS May 31 for members,
June 2 for non-members.

PROGRAMS START Week of September 6.



**Celebrating 50 years
of being your
backyard in the city.**

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

MONDAY

FALL 2016

ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	KITCHEN	74 JOY	BOSTON COMMON
<p>Total Body Strength 50yrs+ 8:00-9:00</p> <p>Vamos a Saltar! 1-4yrs 9:30-10:15 10:30-11:15</p> <p>Open Playgroup 6mos-4yrs 11:30-12:15 12:15-1:00 <i>Drop-in program</i></p>	<p>Art for the Toddler Heart 19mos-3yrs 9:15-10:00 10:15-11:00</p> <p>Open Art 1-4yrs 1:00-3:00 <i>Drop-in program for members ONLY.</i></p>	<p>Music Together 0-5yrs 9:15-10:00 10:15-11:00</p>			
<p>Kiddie Karate 3-4yrs 3:30-4:15</p> <p>Beginner Karate 5-6yrs 4:30-5:15</p>	<p>Pre-School Picasso, 3-5yrs 3:15-4:00</p>	<p>Chess I & II 6-12yrs 4:45-5:45</p>	<p>Healthy Cooking Club 6-9yrs 4:15-5:15</p>	<p>Bitty Basketball 3-5yrs 3:30-4:15 4:15-5:00</p>	<p>Half Kick Soccer 3-4.5yrs 1:30-2:15 2:15-3:00</p>
<p>Beginner Fencing 5-12yrs 5:30-6:15</p> <p>Intermediate Fencing 7-12 years 6:30-7:15</p>				<p>Stay Sharp Basketball 6-8yrs 5:00-5:45</p> <p>Indoor Batting Practice 7-12yrs 6:00-6:45</p>	<p>Girls' Running Club 7-12yrs 5:30-6:30 <i>7 week program</i></p>
			<p>Private Coaching Clinics (7-12 years) Benefit from individual attention from Hill House's top coaches. Clinics last 45 minutes and options are soccer, baseball and basketball. Email Sam Renshaw at srenshaw@hillhouseboston.org <i>Choose from 1, 3, 5 or 7 week packages.</i></p>	<p>Private Music Lessons (6-12 years) Choose a 30 or 45 minute session after 2:30 pm for your lessons. Call Samantha at 617-227-5838 x 10 to coordinate with our instructors!</p>	
		<p>Hill House is excited to partner with GPS to offer pre-season soccer clinics and Juniors Soccer the week of August 29! See more information on the Soccer Program Descriptions page.</p>			

REGISTRATION

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PROGRAMS START

the week of September 6.



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TUESDAY

FALL 2016

ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	YELLOW ROOM	74 JOY	TERSF	BOSTON COMMON
<p>Jumping Jacks Gym 1-3yrs 9:1 5-10:00 10:15-11:00</p> <p>NEW Jumpin' Tots 10-18mos 11:15-12:00</p>	<p>Hands-On Art & Self Expression 19mos-3yrs 9:15-10:00</p> <p>Toddler ArtVenture 19mos-3yrs 10:15-11:00</p> <p>Families Create Together 18mos-4yrs 11:15-12:00</p>	<p>Little Groove Music 3 mos-4yrs 9:15-10:00 10:15-11:00 11:15-12:00</p>				
<p>Beginner Karate 5-6yrs 3:30-4:15</p> <p>Intermediate Karate 7-12yrs 4:30-5:15</p>	<p>NEW Art Travelers 3-5yrs 3:30-4:15</p> <p>NEW Paint by Letter 2-3yrs 4:30-5:15</p>	<p>Open Playgroup 6mos-4yrs 1:00-3:00 <i>Drop-in program.</i></p> <p>Family Yoga 3-5yrs 4:15-5:00</p>	<p>Empow Scratch Computer Programming 6-8yrs 3:30-4:30</p>	<p>Tiny Tappers 3-4yrs 3:30-4:15</p> <p>Ballet & Tap 5-7yrs 4:30-5:30</p>	<p>NEW Multi-Sports 3-5yrs 2:00-2:45</p> <p>Born to Play Girls' Softball 3-5yrs 3:00-3:45</p> <p>NEW Intro to Golf 6-8yrs 4:00-4:45 <i>8 week program, begins September 13</i></p>	
			<p>Empow Lego Robotics & Programming 9-11yrs 4:45-5:45</p>		<p>U6 Soccer Practice 4.5-5yrs 5:00-5:50 <i>Games on Saturday mornings</i></p> <p>U8 Boys Soccer Practice 6-7yrs 5:15-6:15 <i>Games on Saturday mornings</i></p>	<p>NEW Intro to Golf 9-12yrs 4:45-5:45 <i>8 week program, begins September 13</i></p>

Private Coaching Clinics (7-12 years)

Benefit from individual attention from Hill House's top coaches. Clinics last 45 minutes and options are soccer, baseball and basketball.

Email Sam Renshaw at srenshaw@hillhouseboston.org

Choose from 1, 3, 5 or 7 week packages.

Private Music Lessons (6-12 years)

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WEDNESDAY

FALL 2016

ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	YELLOW ROOM	74 JOY	TERSF	BOSTON COMMON
Jumping Jacks Gym 1-3yrs 9:15-10:00 10:15-11:00 11:15-12:00	Beyond the Paintbrush 12mos-3yrs 9:15-10:00 10:15-11:00 Scribble & Squish 12-27mos 11:15-12:00	Tots Play & Grow 8-15mos 9:15-10:00 Babies Play & Grow 5-8mos 10:15-11:00	Wee Ones Play & Grow 2-10wks 11:30-12:45 <i>8 week program, begins September 14</i>			
	Art of Cooking 3-5yrs 3:30-4:30	Open Playgroup 6mos-4yrs 1:00-3:00 <i>Drop-in program</i>		Bitty Basketball 3-5yrs 3:30-4:15		Born to Play Baseball 3-5yrs 1:30-2:15
Musical Theatre & Arts Combo 6-9yrs Musical Theatre: 4:00-4:45 Art: 4:45-5:30		Mind Your Manners; Beyond Please & Thank You Part I 6-9yrs 4:00-4:45 Starlight, Starbright 6-18mos 6:15-7:00 <i>November 16</i>		Storybook Ballet 4-6yrs 4:30-5:15 Tap & Hip Hop 5-8yrs 5:15-6:15	Half Kick Soccer 3-4.5yrs 5:15-6:00 <i>8 week program</i> U10 Boys Soccer Practice 9-10yrs 5:15-6:15 <i>Games on Saturday mornings</i> U13 Boys Soccer Practice 10-12yrs 5:15-6:15 <i>Games on Saturday mornings</i> Girls' Field Hockey 6-8yrs 4:15-5:00 9-12yrs: 5:00-6:00 <i>8 week program begins September 14</i>	Born to Play, 3-5yrs 2:15 - 3:00



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THURSDAY

FALL 2016

ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM	ART ROOM/KITCHEN	CLASSROOM	74 JOY	CHARLESTOWN/TERSF	BOSTON COMMON
<p>Jumping Jacks Gym 1-3yrs 9:15-10:00 10:15-11:00 11:15-12:00</p>	<p>Scribble & Squish 12-27mos 9:15-10:00—<i>Art Room</i></p> <p>NEW Science Experiment Explorers 3-5yrs 10:15-11:00—<i>Art Room</i></p> <p>Art for the Toddler Heart 19mos-3yrs 11:15-12:00—<i>Art Room</i></p>	<p>Family Music Time 6mos-3yrs 9:15-10:00 10:15-11:00</p>			
	<p>Art of Cooking 3-5yrs 1:00-2:00—<i>Art Room</i></p>	<p>Members-Only Playgroup 6 mos-4yrs 12:30 to 2:30 <i>Drop-in program.</i></p>	<p>NEW Creative Dance 3-4yrs 3:30-4:15</p> <p>Storybook Ballet 4-6yrs 4:30-5:15</p>	<p>Tiny Tennis 4-5yrs 3:30 - 4:15 <i>Charlestown</i></p> <p>NEW Intro to Flag Football 5-6yrs 4:30-5:15 - <i>TERSF</i> <i>8 week program, starts September 15</i></p>	<p>Half Kick Soccer 3-4.5yrs 2:00-2:45 3:00-3:45</p>
	<p>Art in the Making 5-7yrs 3:45-4:30—<i>Art Room</i> <i>9 week program</i></p> <p>Cocinar con Amigos 4-6yrs 4:00-5:00—<i>Kitchen</i> <i>9 week program</i></p>			<p>U8 Girls Soccer Practice 6-7yrs 5:15-6:15—<i>TERSF</i> <i>Games on Saturday mornings</i></p> <p>U11 Girls Soccer Practice 8-10yrs 5:15-6:15—<i>TERSF</i> <i>Games on Saturday mornings</i></p>	<p>NEW Rookie Rugby 7-12yrs 4:30-5:30 <i>8 week program, begins September 15</i></p>



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FRIDAY

FALL 2016

ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	TERSF	BOSTON COMMON	FAMILY FUN
<p>Total Body Strength 50yrs+ 8:00-9:00</p> <p>Tumble Time 2-4yrs 9:30-10:15 10:30-11:15</p>	<p>Mundo de Colores 12mos-3yrs 9:15-10:00</p> <p>NEW Toddler Art Creations 19mos-3yrs 10:15-11:00</p> <p>NEW Little Hands Create Art 12-18mos 11:15-12:00</p>	<p>Little Groove Music 3mos-4yrs 10:15-11:00 11:15-12:00 12:30-1:45</p>			
	<p>Open Art 1-4yrs 1:00-3:00 <i>Drop-in program for members ONLY.</i></p>			<p>Born to Play Baseball 3-5yrs 1:30-2:15</p> <p>Multi-Sports 3-5yrs 2:15-3:00</p>	
			<p>United Soccer Practice 5:30-7:00 <i>Must have tried out and made the team to participate in 2016-17 season.</i></p>	<p>Born to Play Baseball 3-5yrs 3:30-4:15</p> <p>Advanced Born to Play Baseball 5-7yrs 4:15-5:00</p> <p>Flag Football 7-12yrs 5:30-6:30 <i>8 week program, begins September 16</i></p>	<p>Parents' Night Out 3-10yrs 6:15-9:15 <i>September 16, October 21, November 18 at the Firehouse</i></p> <p>Tween & Teen Trivia Night 11-14yrs 7:30-9:30 <i>November 4 at the Firehouse</i></p>
			<p>Private Coaching Clinics (7-12 years) Benefit from individual attention from Hill House's top coaches. Clinics last 45 minutes and options are soccer, baseball and basketball. Email Sam Renshaw at srenshaw@hillhouseboston.org <i>Choose from 1, 3, 5 or 7 week packages.</i></p>	<p>Private Music Lessons (6-12 years) Choose a 30 or 45 minute session after 2:30 pm for your lessons. Call Samantha at 617-227-5838 x 10 to coordinate with our instructors!</p>	

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WEEKEND

FALL 2016

ATHLETIC AND PROGRAM GUIDE

SATURDAY

FIREHOUSE	TERSF	
<p>NEW Jewelry Making Workshop 5-7yrs 11:00-12:00 October 22 and October 29</p>	<p>Half Kick Soccer 3-4.5yrs 9:30-10:15, 10:30-11:15, 11:30-12:15</p> <p>U6 Soccer Games 4.5-5yrs 8:30 and 9:30 <i>Practices on Tuesdays</i></p> <p>U8 Girls Soccer Games 6-7yrs 9:30 and 10:30 <i>Practices on Thursdays</i></p> <p>U8 Boys Soccer Games 6-7yrs 11:30, 12:30 and 1:30 <i>Practices on Tuesdays</i></p> <p>U10 Boys Soccer Games 8-9yrs 9:45 and 11:00 <i>Practices on Wednesdays</i></p> <p>U11 Girls Soccer Games 8-10yrs 8:30 <i>Practices on Thursdays</i></p> <p>U13 Boys Soccer Games 10-12yrs 9:00 <i>Practices on Wednesdays</i></p> <p>Hill House United Soccer Games <i>All players must have tried out in May 2016 and been invited to play in order to participate. Please visit bays.org to view travel schedules. Practices on Fridays</i></p>	

SUNDAY

JOY STREET	TERSF	FIREHOUSE
	<p>Flag Football 7-12yrs 11:00-12:00</p>	<p>Dads & Donuts 9:00-11:00 October 16</p> <p>NEW Ties & Tutus Tea Party 11:00-1:00 September 25</p>
<p>Floor Hockey 8-10yrs 12:30-1:30</p>	<p>Intro to Girls Lacrosse 5-12yrs 2:30-4:00 <i>Sign up for our 5-7 or 8-10yrs group.</i></p> <p>Intro to Boys Lacrosse 5-12yrs 2:30-4:00 <i>Sign up for our 5-7 or 8-10yrs group.</i></p>	
		

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PROGRAM DESCRIPTIONS

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FALL 2016

ATHLETIC AND PROGRAM GUIDE

NOTE: Participants must meet a program's minimum age requirement by September 1, 2016.

NEW FOR 2016!

Hill House is excited to have partnered with GPS to bring to you pre-season Soccer Clinics and Juniors Soccer.

These four day clinics will begin on August 28. Look for the full description under the soccer heading.

And don't miss our one-time workshops and classes for the whole family —check them out under Family Fun!

ART

Art for the Toddler Heart (19 months-3 years)

Mondays | 9:15 and 10:15 Thursdays | 11:15

In this class we will hop into art-making with both feet! Toddlers will practice decision-making skills, observing and choosing the way colors mix. Projects connect with the knowledge of the outside world that toddlers are beginning to explore! Creative, hands-on activities will develop coordination, fine motor skills, sequencing and arranging abilities as we work with a variety of colors, shapes and textures.

Art in the Making (5-7 years)

Thursdays | 3:45 9 week program

If your growing artist is itching to create, this is the class for them. We'll be creating beautiful works of art using a multitude of materials to bring beautiful seasonal images to life. Come prepared to sculpt, paint, sew, weave and more—we'll be tackling it all in this creativity-conscious class!

NEW Art Travelers (3-5 years)

Tuesdays | 3:30

Curious about other countries? Dying to make structures like the Eiffel Tower? Itching to introduce your little artist to famous works from the Impressionist and Renaissance periods? Join us in the art room to discover the different styles, techniques and places of Europe. Focusing mainly on Venice and Paris, we will use watercolors as we explore the Venetian canals, make sculptures that mimic famous buildings and use oil pastels as we learn how to sketch skylines of far-away spaces.

Please note: this is a drop-off class. All participants must be potty trained.

Beyond the Paintbrush (12 months-3 years)

Wednesdays | 9:15 and 10:15

Join us on an exciting journey as we experiment with different ways of painting with different kinds of "paint"! We will get wildly creative with things you can find around the house; sandpaper, rubber bands, straws, bubbles, balloons and even our feet! Students will observe how colors blend and textures are created, producing beautiful, abstract works. This class encourages invention, exploration and creative thought.

Families Create Together (18 months-4 years)

Tuesdays | 11:15

While the aim of the art room is to build community, this class will strive to encourage siblings to learn about their creativity in the same environment! Little artists will explore hands-on multiple stations in the art room and

work together to learn about the blending of colors, feel of different textures and the process needed to create beautiful works of art.

Hands-On Art & Self-Expression (19 months-3 years)

Tuesdays | 9:15

One of the most intriguing ways that youngsters express themselves is through art. As children draw, paint and make collages, they are learning about the world. Toddlers are not yet consciously aware of color coordination and spatial relationships, but art can give them a sense of these areas in this stage of their development - and this is only the beginning. Art provides another much-needed outlet for budding young minds, and at the same time it teaches important skills as they express themselves through the use of different materials. With all of these benefits, it's easy to see why encouraging toddlers to be artistic is so important: join us in the art room as we use a rainbow of colors, clay, paint, paste and so much more to pique your child's curiosity and creativity in this exciting multimedia program.

NEW Jewelry Making Workshops (5-7 years)

October 22 and October 29

Both sessions 11:00-12:00

This two week workshop will encourage your jewelry enthusiasts to make treasure of their very own. Working with wire, beads, embroidery floss and more, each child will go home with simple bracelets and more sophisticated pieces that they can't wait to show off to their friends (and may even complement their Halloween costumes)!

NEW Little Hands Create Art (12-18 months)

Fridays | 11:15

This art class encourages messy sensory exploration! Sing along with your instructor while splashing in the water table, arranging shapes on the light table, sifting through bits in the sensory table and experimenting by running car wheels through paint. A balance of free play and teacher-directed projects introduces children to the "process" of creating art, enhancing their own creativity and keeping them learning as they touch, move, and listen to all that this Reggio Emilia-inspired classroom has to offer.

Mundo de Colores (12 months-3 years)

Fridays | 9:15

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, sequencing and arranging abilities, awareness of colors, shapes, shades, textures and decision-making techniques.

Open Art (1-4 years)

Mondays | 1:00-3:00

Fridays | 1:00-3:00

Free for members; drop-in.

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.

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FALL 2016

ATHLETIC AND PROGRAM GUIDE

NEW Paint by Letter (2-3 years)

Tuesdays | 4:30

This class will encourage your artist's creativity with the use of some of their favorite books. Each session will focus on a different letter, and use a series of different books to help your little one to recognize how to form those letters. We'll use Dr. Seuss' The Lorax to learn the angles of the letter L, round the curves of the letter B in Eric Carle's Brown Bear, Brown Bear, What Do You See? and see how all of the letters interact with Chica Chicka Boom Boom.

Pre-School Picasso (3-5 years)

Mondays | 3:15

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, gain a more detailed awareness of colors, shapes, shades, textures and practice healthy decision-making techniques. **Please note:** This is a drop-off class. All participants must be potty trained.

Scribble & Squish (12-27 months)

Wednesdays | 11:15

Thursdays | 9:15

Wonderful, hands-on, messy art! Children and caregivers will experiment with a variety of mediums and materials. This class serves as a strong outlet for sensory, attention span and social skill development and focuses on the process of making art. Plus- participants will have lots of fun exploring substances and colors and all the squishy, gooey-messy stuff kids love to get their hands on. Come ready to create!

NEW Toddler Art Creations

(19 months-3 years)

Fridays | 10:15

Join us in the art room for a class that will challenge your child to expand their creativity. Your toddler will create basic sculptures to help refine their motor skills, arrange shapes on the light table to give a better understanding of sequencing, learn about textures as they're using markers on different materials and, of course, experience the messy fun of choosing their favorite colors to put the final touches on the art projects they have created on their own.

Toddler Art Venture (19 months-3 years)

Tuesdays | 10:15

Toddlers are bursting with creativity and we are here to help them channel it! Using stimulating and entertaining activities that will allow them to explore all areas of the art room, your child will further expand their understanding of the process of art. As your artist begins to refine their fine motor skills at the art table, uses markers on different materials to observe the varying results and creates their own basic sculptures, they will also be creating a sense of community within the classroom to encourage them to make new friends and discover the importance of collaborating in the art room.

BASEBALL

Born to Play Baseball (3-5 years)

Wednesdays | 1:30 & 2:15 Fridays | 1:30 & 3:30

Introduce your child to America's favorite pastime through this beloved Hill House class. Kids will learn the fundamentals of baseball

through fun games and activities. These littlest baseball players will learn hitting, fielding and throwing from an experienced, supportive team of coaches.

Advanced Born to Play Baseball (5-7 years)

Fridays | 4:15

Once your little athlete has mastered the basics, go deeper with this sequel, which introduces the rules, positioning and situations of competitive baseball. Unlike Born to Play Baseball's repetitive nature, the advanced program targets a participant's strengths and weaknesses and promises improvement and athletic confidence.

Indoor Batting Practice (7-12 years)

Mondays | 6:00

This training clinic will offer your athlete the chance to stay in "baseball shape" throughout the off-season. We will work on many different types of hitting drills such as soft toss, staying back, live hitting and more. Join your coaches to improve your baseball skills.

BASKETBALL

Bitty Basketball (3-5 years)

Mondays | 3:30 & 4:15

Wednesdays | 3:30

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 U6 Basketball Clinic when they're the right age.

Stay Sharp Basketball (6-8 years)

Mondays | 5:00

If you count the days from the end of Hill House's basketball season until the day we head back to the courts in December, this is a class just for you! Continue to develop dribbling, shooting and strategic skills on the court as you gain valuable playing time with your winter teammates for an additional season. Just like our off-season soccer clinics and batting practices, keep your body in motion and your muscle memory fresh, in season and out.

CHESS

Chess I & II (6-12 years)

Mondays | 4:45-5:45

This course is an introduction to the rules and general play of the game of chess. Participants will learn basics and fundamental strategies. By the end of the semester, players will have the knowledge to fully enjoy the game of chess!

COOKING

Art of Cooking (3-5 years)

New day! Wednesdays | 3:30-4:30

Thursdays | 1:00-2:00

Whether your child is interested in becoming a head chef or simply creating a delicious snack, the Art of Cooking is a wonderful opportunity to connect your culinary explorer to old favorites and a few new things, too. In addition to tasty treats, children will create their own cookbooks to take home at the end of the semester. **Please note:** This is a drop-off class. Participants must be potty trained.

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FALL 2016

ATHLETIC AND PROGRAM GUIDE

Cocinar con Amigos (4-6 years)

Thursdays | 4:00-5:00

9 week program

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. All participants must be potty trained.

Healthy Cooking Club (6-9 years)

Mondays | 4:15-5:15

Join us in the Hill House kitchen to learn how to make a variety of sweet and savory treats that will delight your taste buds (and are secretly healthy!). Some recipes included are black bean brownies, deep dish cookie pie, mac 'n' cheese, smoothies, kale chips and much more. These recipes, all kid-tested and approved, utilize nutritious ingredients like black beans, oats, chickpeas and applesauce. Despite being mostly gluten-free and free of refined sugars and flours, they taste just like "the real thing".

Young chefs-in-training will learn how to follow a recipe, measure accurately, safely prepare food and how to substitute healthier ingredients that still taste great. Each cook will go home with their own cookbook of all the recipes we've made so they can share. Come and cook up some fun with us!

DANCE

Ballet & Tap (5-7 years)

Tuesdays | 4:30-5:30

Your dancer will learn the essentials in both ballet and tap in this hour-long class! The first half hour of the program will be devoted to learning the musicality, rhythm and technique that your ballet dancer will need to master. After switching out of their ballet shoes and into tap shoes, the last half of class will help your dancer learn progressions, turns and tap combinations shown by the tap dancing greats.

It's back! Creative Dance (3-4 years)

Thursdays | 3:30

Creative Dance builds your dancer's coordination and motor skill development while engaging their imagination through songs, stories and games. These classes are designed to build interest, strength, vocabulary and artistic sensibility.

Please note: this is a drop-off class. All participants must be potty-trained.

Storybook Ballet (4-6 years)

Wednesdays | 4:30

Thursdays | 4:30

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.

Tap & Hip Hop (5-8 years)

Wednesdays | 5:15-6:15

Tap & Hip Hop will get your child moving and grooving as they learn new steps in two fun styles. Students will learn tap technique, progressions, turns and tap combinations as well as enjoy regular "dance parties" with choreography and instruction to everyone's favorite radio hits. We'll learn a special dance to put on in a final performance for our parents and caregivers!

Tiny Tappers (3-4 years)

Tuesdays | 3:30

This class will introduce our youngest tap enthusiasts to the genre while having fun in a relaxed atmosphere. Age appropriate music and activities will help introduce students to warm-ups, tap technique, progressions, turns and tap combinations. It's almost too cute to handle and promises fun and movement for your tiny tapper!

Please note: this is a drop-off class. All participants must be potty-trained.

EARLY PARENTING

Wee Ones Play & Grow (2-10 weeks)

Wednesdays | 11:30-12:45

8 week program starting September 14

This 5-week class is a unique opportunity to enjoy and share the budding development and dramatic changes happening for your baby as they grow as well as continue to build confidence as a new mom. In addition to weekly discussions and ongoing support for moms, you'll experience the full range

of new activity available for your baby - with tips for tummy time, gentle massage and baby yoga techniques and a variety of sensory experiences your baby will love.

Babies Play & Grow (5-8 months)

Wednesdays | 10:15

In this 5 week program, you will explore and celebrate the amazing development of your baby in this musical play class for our littlest playmates. Age-appropriate songs, games, dances and developmental play activities help to encourage your baby's natural curiosity and emerging motor skills. Parents and caregivers will also enjoy time for discussion and community building.

Tots Play & Grow (8-15 months)

Wednesdays | 9:15

Your little movers and shakers will find a safe and engaging place to explore their curiosity and emerging mobility in this second level of the Play & Grow series here at Hill House. A wide range of developmentally targeted activities are designed to celebrate the language, social and motor skills of babies as they begin to sit, clap, wiggle and crawl! Age-appropriate instruments, gentle dances, bubbles, baby signs, parachute time and much more give babies and their grownups a fun way to enjoy each other and play together.

REGISTRATION

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June 2 for non-members.
hillhouseboston.org

PROGRAMS START

the week of September 6.



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(617) 227-5838

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FALL 2016

ATHLETIC AND PROGRAM GUIDE

ETIQUETTE

Mind Your Manners: Beyond Please & Thank You – Session I (6-9 years)

Wednesdays | 4:00

This unique class will help strengthen your child's social skills, manners and self-presentation. We will work to improve your child's ability to manage their own behavior at home, at school, on play dates, and in restaurants. Students will learn by engaging in role-playing activities, class participation and improvisation. The last class is held at a local upscale restaurant where students practice and perfect their newly acquired skills! In the first session of this three-part program, the class will focus on manners and good habits. Topics like appropriate and positive communication, table manners and thank you notes will all be discussed and practiced.

FENCING

Beginner Fencing (5-12 years)

Mondays | 5:30

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

Intermediate Fencing (7-12 years)

Mondays | 6:30

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.

FAMILY FUN

Dads & Donuts

Sunday, October 16 | 9:00-11:00

Join us for a morning of donuts and coffee (while supplies last) and play with all of our gym equipment! This is a great time for dads to have fun with their kids and meet other fathers in the area.

Kids' Halloween Party

Thursday, October 27 | 3:00-5:30

Join us in costume to celebrate Halloween! We will have a face-painter, cookie decorating and art projects available for the community. Interested in volunteering? Reach out to dpow-ers@hillhouseboston.org.

Parents' Night Out (3-10 years)

September 16, October 21 and November 18 | 6:15-9:15

Drop your kids off at their all-time favorite place while you enjoy an evening without your loveable junior family members in tow. Our night of structured fun, including art, active play and a family-friendly movie, will be supervised closely by the Hill House staff members your kids already know and love. Join us for a win-win experience: fun for the wee ones and a totally different kind of fun for the adults in the family!

Starlight, Starbright (6-18 months)

November 16 | 6:15

Little ones are welcome to wear pajamas to this evening session as we use music to channel our energy into the bedtime hour. Includes imaginative play with flashlights and bubbles. Peacefully finish the evening with bedtime stories and make wishes on glowing stars. Sweet dreams to follow. This child-centered curriculum supports the adult-child bond and includes songs, stories, creative movement, flashlight play, bubbles, puppets and more...

NEW Ties & Tutus Tea Party

September 25 | 11:00-1:00

Come spend lunchtime at the Firehouse for our first tea party! We'll sip on iced tea (and hot tea for grown ups), munch on pinwheel sandwiches and play some games with other party-goers. Ties and tutus will be provided for little ones to make the event even more memorable.

Tween & Teen Trivia Night (11-14 years)

November 4 | 7:30-9:30

Tweens and teens 11-14 years old are invited to join us back in the neighborhood from 7:30 to 9:30 pm. Put your knowledge to the test at our trivia night! We'll be quizzing all involved with questions about current events, seasonal events, pop culture and more. Enter as teams of three--prizes will be awarded to the top three teams. All participants must have a completed participation form to indicate if they will be picked up or can walk home at the end of the event.

FITNESS FOR ADULTS

Total Body Strength (50+ years)

Mondays & Fridays | 8:00-9:00

In the Total Body Strength class, we will use weights, resistance tubing and our own body-weight against gravity to build a strong core. The class will be 1 hour long and will be set to great music to inspire you. This class is perfect for the active older adult (50+). There will be both standing and mat exercises to challenge all your major muscle groups. A flexibility segment will be added to the end of class.



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FALL 2016

ATHLETIC AND PROGRAM GUIDE

FOOTBALL

NEW Intro to Flag Football 5-6yrs

Thursdays | 4:30-5:15

8 week program, starts September 15

Welcome back the NFL season by giving players their first taste of playing the game in a fun and safe environment. Run through plays while learning the basics of the game with the Hill House coaches. Time will be split between learning a new skill each week and implementing that in a game at the end.

Flag Football (7-12 years)

Fridays | 5:30-6:30

Sundays | 4:00-5:00

8 week program

10 week program

Flag Football introduces children to the game of flag football through drills and scrimmages. Children will learn the fundamental skills necessary to excel in football and will receive instruction designed to improve their speed, agility, and overall athleticism. The program promises exercise and instills good sportsmanship and teamwork.

GOLF

NEW Intro to Golf (6-12 years)

Tuesdays, 6-8 years | 4:00

Tuesdays, 9-12 years | 4:45-5:45

8 week program, starts September 13

Head to the Common for Hill House's foray into golf! Working with the First Tee program, your child will learn the basics of putting, chipping and the fundamentals of the golf swing. Though we do not have a full golf course available, skills will be practiced using equipment that will simulate the actions and control needed out on the course.

HOCKEY

Floor Hockey (8-10 years)

Sundays | 12:30-1:30

This program introduces the fundamentals of the game through fun, fast-paced activities. Participants have the chance to be active and learn the basic rules and skills of hockey such as shooting, stick-handling and passing.

Girls' Field Hockey (6-12 years)

Wednesdays, 6-8 years | 4:15

Wednesdays, 9-12 years | 5:00-6:00

8 week program, starts September 14

Join us as we head out to the fields to learn the basics of this sport. 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.

KARATE

Kiddie Karate (3-4 years)

Mondays | 3:30

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 (5-6 years)

Mondays | 4:30

Tuesdays | 3:30

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 (7-12 years)

Tuesdays | 4:30

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

Intro to Lacrosse (5-12 years)

Sundays | 2:30-4:00

Join us in this introductory clinic that meets Sundays on Teddy Ebersol's Red Sox Fields. Boys and girls will have their own programs and will learn the fundamentals of this popular sport. Athletes who sign up for lacrosse will learn basic field positioning and game strategies as well as develop cradling, catching, throwing and shooting skills. Players must bring equipment to every practice. Please see our website for full equipment list.

MUSIC

Family Music Time (6 months-3 years)

Thursdays | 9:15 and 10:15

This is multi-age toddler music class with a great variety of music and movement experiences. Instruments, scarves, bubbles, dancing and singing are all a part of this active and toddler-friendly class. Parents and children will enjoy learning about musical concepts in an age-appropriate way, and have great music and materials to take home as well.

Little Groove Music (3 months-4 years)

Tuesdays | 9:15, 10:15 and 11:15

Fridays | 10:15, 11:15 and 12:30

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!

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FALL 2016

ATHLETIC AND PROGRAM GUIDE

Music Together (0-5 years)

Mondays | 9:15 and 10:15

Have you ever wondered what you can do to nurture the musical growth of your child, regardless of fun your role can be! Our Music Together classes build on your Music Together own musical ability? Experience Music Together and find out how important and how your child's natural enthusiasm for music and movement. We'll help you provide your child with the basic musical skills needed to enjoy school and social musical activities, and to study an instrument should he or she choose to do so.

Private Music Lessons (6-12 years)

Spaces may be available | Call Sam Baglioni at 617 227 5838 ext. 10 to inquire about availability

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

PLAYGROUP

Open Playgroup (6 months-4 years)

Mondays | 11:30 and 12:15

Tuesdays | 1:00-3:00

Wednesdays | 1:00-3:00

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, crayons, books, markers and music will be available each week at this free program, one of several benefits available to our broader Beacon Hill community!

Member-Only Playgroup (6 months-4 years)

Thursdays | 12:30-2:30

Member-only, drop-in

Come and spend a fun-filled afternoon with us in the Firehouse! Hill House members have access to this drop-in playgroup, where they can listen to music and meet other friends from the community while playing with some of our favorite toys. Come enjoy all the great play equipment we have on-site. We hope to see you there!

RUGBY

NEW Rookie Rugby (7-12 years)

Thursdays | 4:30-5:30

8 week program, starts September 15

Rookie Rugby is the non-contact version of rugby for children. Students become well versed in the basics of the game, overall concepts, teamwork, leadership and other skills that will make them successful both on and off the field. The Rookie Rugby curriculum is designed to take even the most novice of athletes and help them be a rugby star, all while staying active and healthy.

RUNNING

Girls' Running Club (7-12 years)

Mondays | 5:30-6:30

7 week program

This is a seven week course for girls that will meet on the Boston Common. New and experienced distance runners will be coached toward success as they learn about running over different types of terrain, the importance of keeping a steady pace throughout a

long-distance run and setting running goals for themselves as they progress throughout the season. While they're running, the girls will also have discussions surrounding positive body image, eating habits, friendships and more to help boost self-esteem and instill confidence. The season will culminate with the opportunity to run in a local 5K.

SOCCER

NEW GPS Juniors Soccer (3-6 years)

August 29-September 1 | 9:00-1:00

The GPS Juniors curriculum teaches soccer fundamentals to young players in a fun, high energy environment. Our curriculum also facilitates the development of motor and coordination skills. All sessions are held in a fun and positive environment, where players are encouraged to play with a smile on their face. **Please note:** this is a drop-off class. All participants must be potty trained.

NEW GPS & Hill House Summer Soccer Clinic (7-14 years)

August 29-September 1, half day | 9:00-1:00

August 29-September 1, full day | 9:00-3:00

GPS is a leading provider of youth clinics in Massachusetts. Global Premier Soccer is one of the largest youth soccer organizations throughout North America. Participants are divided by age and ability before receiving an age appropriate but fun training experience provided by their professional coaching staff.

Half Kick Soccer (3-4.5 years)

Mondays | 1:30 and 2:15

Wednesdays | 5:15 — *8 week program*

Thursdays | 2:00 and 3:00

Saturdays | 9:30, 10:30 and 11:30

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.

Hill House United (8-12 years)

Friday practices | 5:30-7:00

Check bays.org for game schedules

Hill House United is a travel soccer program for more 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. Players must have tried out and made the team before registering. Contact srenshaw@hillhouseboston.org to learn about age requirements.

Hill House's In-House Soccer Leagues

Hill House's 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.

The goal of these programs is to provide each player the opportunity to play soccer in a supportive and rewarding environment that emphasizes fun, enjoyment and skill learning, at a level that fits his or her interest and ability.

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ATHLETIC AND PROGRAM GUIDE

U6 Soccer (4.5-5 years)

Practices on Tuesdays | 5:00-5:50

Games on Saturdays | 8:30 & 9:30

Participants will practice on Tuesday afternoons at 5:00 pm and play games on Saturday mornings (game schedules listed on the soccer page of the Hill House website).

U8 Soccer (6-7 years)

Boys practice on Tuesdays | 5:15-6:15

Games on Saturdays | 11:30, 12:30 & 1:30

Girls practice on Thursdays | 5:15-6:15

Games on Saturdays | 9:30 & 10:30

Participants will practice at 5:15 pm and play games on Saturday mornings (game schedules listed on the soccer page of the Hill House website).

U10 Boys' Soccer (8-9 years)

Practice on Wednesdays | 5:15-6:15

Games on Saturdays | 9:45 & 11:00

Participants will practice on Wednesday nights at 5:15 pm and play games on Saturday mornings (game schedules listed on the soccer page of the Hill House website).

U11 Girls' Soccer (8-10 years)

Practice on Thursdays | 5:15-6:15

Games on Saturdays | 8:30

Participants will practice on Thursday nights at 5:15 pm and play games on Saturday mornings (game schedules listed on the soccer page of the Hill House website).

U13 Boys' Soccer (10-12 years)

Practice on Wednesdays | 5:15-6:15

Games on Saturdays | 9:00

Participants will practice on Wednesday nights at 5:15 pm and play games on Saturday mornings (listed on the soccer page of the Hill House website).

SOFTBALL

Born to Play Girls' Softball (3-5 years)

Tuesdays | 3:00

Future softball players will learn the fundamentals of softball through fun games and activities. Playing off a tee, the players in this program will learn the basics of hitting and fielding in a class that mixes games and other activities to help solidify the fundamentals of the sport.

SPORTS & COACHING

Multi-Sports (3-5 years)

Tuesdays | 2:00

Fridays | 2:15

This clinic will strengthen basic athletic skills and will introduce kids to the rules and regulations of soccer, baseball, floor hockey and more. Participants will learn to be part of a team and display good sportsmanship and will complete the clinic prepared for more organized, specialized athletic play.

Private Coaching Clinics (7-12 years)

Days and times available upon request.

Develop your child's confidence and athletic ability through tailored individual practices. Hill House's lead instructors will create and deliver a personalized practice to help

progress the player's skill to the next level.

Choose from basketball, soccer or baseball and create a package to build skills each week. Email srenshaw@hillhouseboston.org to learn more.

STEM (Science, Technology, Engineering And Math)

NEW Science Experiment Explorers

(3-5 years)

Thursdays | 10:15

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, see what happens when vinegar and baking soda combine, 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 all that science has to offer! **Please note:** this is a drop-off class. All participants must be potty-trained.

Empow Lego Robotics & Programming (9-11 years)

Tuesdays | 4:45-5:45

Do you like to build? Drive remote control vehicles? Program robots? Then this is the class for you. Students will use LEGO MINDSTORMS™ components to build and program models of machines and devices that operate automatically or by remote control. Working with our expert instructors and detailed building plans, students will complete a different project in each class. Photos of all their creations will be available after the final class.

Empow Scratch Computer Programming (6-8 years)

Tuesdays | 3:30-4:30

Scratch the surface of design and programming with Scratch! Kids work with free software developed by M.I.T. while learning how to program, design and create their own animations and interactive 2D games. The students will learn the basics of computer programming using puzzle like blocks of code. Kids will learn how to use math, geometry, story-telling and basic animation principles to design their projects using the prepared elements in Scratch or by making their own. A great introduction for kids in Grade 2 through 5. After the class, projects can easily be shared online with family and friends!

TENNIS

Tiny Tennis (4-5 years)

Thursdays | 3:30

Tennis sessions will include fun, patient instructions covering basic tennis skills in coordination with the USTA Quick Start Program. Stroke production, on-court skills, fitness and tennis education will all be covered in an upbeat, drill-based environment. Racquets are available on-site for proper fitting.

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ATHLETIC AND PROGRAM GUIDE

THEATRE

Musical Theatre & Arts (6-9 years)

Wednesdays | 4:00-5:30

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

TUMBLING & MOVEMENT

Jumping Jacks Gym (1-3 years)

Tuesdays | 9:15 and 10:15

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

Toddlers run, jump, crawl, roll and wiggle through activities encouraging sharing, basic socialization, discovery, balance and coordination. Engaging equipment, such as a balance beam, bar, and parachute will aid toddlers in developing gross motor skills, improving spatial awareness and establishing a love of physical activity and recreational play. Teacher-led songs and games will introduce structure, provide routine and promote focus. Caregivers help support and sport children to promote safe play.

NEW Jumpin' Tots (10-18 months)

Tuesdays | 11:15

Is your little one already on the move? Introduce them to our gym programs with this class geared toward new movers and balance-improvers. Navigate some of our low-lying gym equipment to instill confidence in their movement as they make their way up our wedge shapes and continue working on their balance as they wind their way through the different obstacles set up to improve their coordination—all while using the safety of the mats to catch them in an uncertain moment. Play games to encourage stretching, scramble under the parachute and sing songs with your instructor while winding the way through our age-appropriate obstacle courses!

Tumble Time (2-4 years)

Fridays | 9:30 and 10:30

If you loved Jumping Jacks Gym but are ready for more, have we got a class for you! Tumble Time is structured for older toddlers and preschoolers to develop basic tumbling, motor and socialization skills and positive personality traits including confidence and self-esteem. Tumble Time activities incorporate coordination, strength, flexibility and balance. Parent/caregivers interact with their child and assist in this class.

Vamos a Saltar! (1-4 years)

Mondays | 9:30 and 10:30

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

YOGA

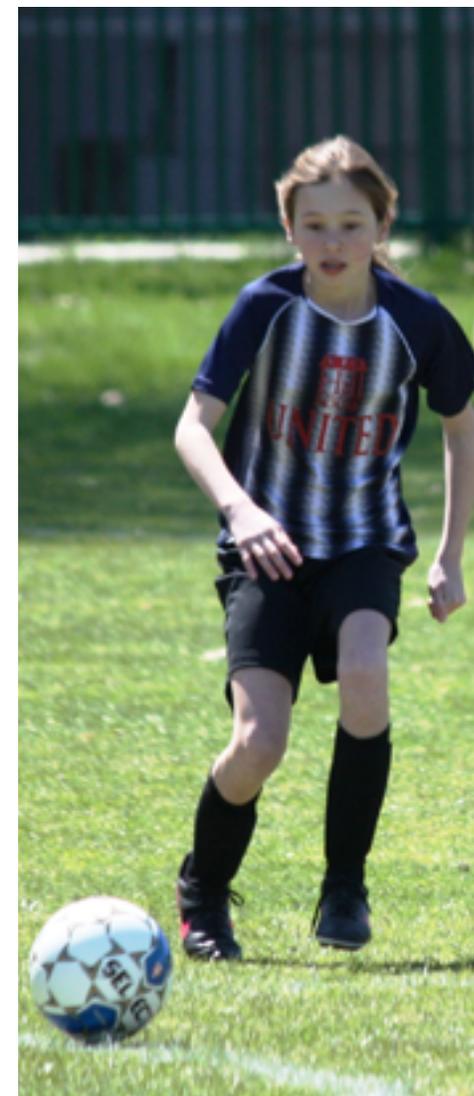
Family Yoga (3-5 years)

Tuesdays | 4:15

Your instructor will lead this playful exploration of movement, songs and stories in which children will enjoy the benefits of yoga in a fun and age-appropriate way. Each week will include silly stretchy warm ups, yoga games, fun breathing activities and close with a story whose content reflects kindness towards ourselves and others. Giving children the gift of body awareness and a physical practice that requires no props or equipment is why parents love yoga for children. Kids just think it's fun.

Please note: This is a drop-off class. All participants must be potty trained.

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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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FALL 2016

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.

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, x10

EMAIL sbaglioni@hillhouseboston.org

VISIT hillhouseboston.org



QUESTIONS?

Lauren Hoops-Schmieg, Executive Director
lschmieg@hillhouseboston.org x18

Rachel Czubryt, Program Manager
rczubryt@hillhouseboston.org x14

Sam Renshaw, Athletics Manager
srenshaw@hillhouseboston.org x11

Patty Kennedy, Finance Manager
pkennedy@hillhouseboston.org x12

Mike Hadley, Athletics Coordinator
mhadley@hillhouseboston.org x13

Dianne Powers, Director of Development & Marketing
dpowers@hillhouseboston.org x22

GENERAL PROGRAM INQUIRIES

Samantha Baglioni, Program Associate
sbaglioni@hillhouseboston.org x10

THIS SEASON AT-A-GLANCE

August 29: GPS & Hill House Summer Soccer Clinic and GPS Juniors Soccer begin.

September 6: Fall programming begins.

September 16: Parents' Night Out.

September 17: Pancake Breakfast & Children's Sports Equipment Tag Sale.

September 24: Soccer Photo Day.

September 25: Ties & Tutus Tea Party.

October 1: 50th Anniversary Gala Celebration.

October 10: Hill House closed.

October 16: Dads & Donuts.

October 18: Winter registration for members.

October 20: Winter registration for non-members.

October 21: Parents' Night Out.

October 22: Jewelry Making Workshop.

October 27: Kids' Halloween Party.

October 29: Jewelry Making Workshop.

November 4: Tween & Teen Trivia Night.

November 16: Starlight, Starbright.

November 18: Parents' Night Out.

November 19: National Family Volunteer Day.

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