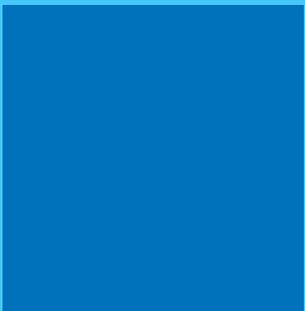



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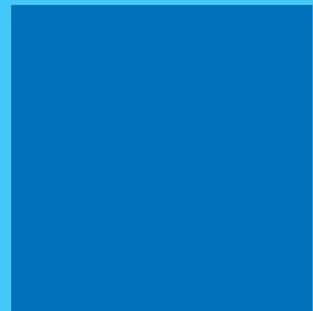
WINTER | 2015-2016

ATHLETIC AND PROGRAM GUIDE



REGISTRATION OPENS
October 20
for members
October 22
for non-members

PROGRAMS START
Week of November 30



MONDAY

WINTER 2015/2016 ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY	ART ROOM	CLASSROOM	KITCHEN	74 JOY ST	STERITI RINK/ CATHEDRAL HS
Total Body Strength 50yrs+ 8:00-9:00 Vamos a Saltar! 1-4yrs 9:30-10:15 10:30-11:15 Open Playgroup 6mos-4yrs 11:30-12:15 12:15-1:00 <i>Drop-in program</i>	Art for the Toddler Heart 12mos-3yrs 9:15-10:00 10:15-11:00	Music Together 0-5yrs 9:15-10:00 10:15-11:00			
Half Kick Soccer 3-5yrs 1:30-2:15 2:15-3:00 Kiddie Karate 3-4yrs 3:30-4:15 Beginner Karate 5-6yrs 4:30-5:15	Open Art 1-4yrs 1:00-3:00 <i>Drop-in program for members ONLY</i> Art of Cooking, 3-5yrs <i>New time!</i> 3:15-4:15		Healthy Cooking Club 6-9yrs 4:30-5:45	Bitty Basketball 3-4.5yrs 3:30-4:15 4:15-5:00	
Beginner Fencing 5-12yrs 5:30-6:15 Intermediate Fencing 7-12 yrs 6:30-7:15		Chess I & II 6-12yrs 4:45-5:45		U6 Basketball 4.5-5yrs 5:00-6:00 Indoor Batting Practice 7-12yrs 6:15-7:15	Ice Hockey 5-12yrs <i>Steriti Rink</i> 5:00-6:00 U9 Basketball 6-8yrs <i>Cathedral HS</i> 4:30-5:30

PRIVATE GUITAR LESSONS (6-12 YEARS)

Choose between a 30 or 45 minute session
between 2:00-4:00 & 5:00-8:00pm for your lessons.

Call Samantha at (617)227-5838 ext. 10
to coordinate with our instructors!

REGISTRATION

Opens **Oct 20** for members
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PROGRAMS START

the week of **November 30**



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TUESDAY

WINTER 2015/2016
ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM

Jumping Jacks Gym 1-3yrs

9:15-10:00
10:15-11:00
11:15-12:00

All Star Sports Clinic 3-5yrs

2:00-2:45

Beginner Karate 5-6yrs

3:30-4:15

Intermediate Karate 7-12yrs

4:30-5:15

ART ROOM

Sensory Art Explorers

12-18mos
9:15-10:00

Toddler ArtVenture

19mos-3yrs
10:15-11:00

NEW! Families Create

Together 18mos-4yrs
11:15-12:00

NEW! Recycled Treasures

6-9yrs
4:00-4:45

CLASSROOM

Little Groove Music

3 mos-4yrs
9:15-10:00
10:15-11:00
11:15-12:00

Open Playgroup 6mos-4yrs

1:00-3:00

Drop-in program

Family Yoga 3-5yrs

4:15-5:00

74 JOY ST

Tiny Tappers 3-4yrs

3:30-4:15

Storybook Ballet 4-6yrs

4:30-5:15

U6 Basketball 4.5-5 yrs

5:15-6:15

YELLOW ROOM

Scratch Computer

Programming 6-8yrs
3:30-4:30

Lego Robotics &

Programming 9-11yrs
4:45-5:45



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PROGRAMS START

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WEDNESDAY

WINTER 2015/2016
ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	YELLOW ROOM	74 JOY ST	CHARLESTOWN YMCA
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 12-18mos 11:15-12:00	Family Music Time 6mos-3yrs 9:15-10:00 10:15-11:00 Babies Play & Grow 3-7mos 11:15-12:00			
Born to Play Baseball 3-5yrs 1:30-2:15 2:15-3:00		Open Playgroup 6mos-4yrs 1:00-3:00 <i>Drop-in program</i> Mind Your Manners: Beyond Please & Thank You Part I 6-9yrs 4:00-4:45	Wee Ones Play & Grow 2-14 wks 12:30-1:45 <i>Session I begins December 2</i> <i>Session II begins January 27</i>		
Musical Theatre & Arts Combo 6-9yrs Musical Theatre: 4:00-4:45 Art: 4:45-5:30	Pre-School Picasso 3-5yrs 3:45-4:30	NEW! Starlight, Starbright 6-18mos 6:15-7:00 <i>February 24</i>		Bitty Basketball 3-4.5yrs 3:30-4:15 Storybook Ballet 4-6yrs 4:30-5:15 Tap & Hip Hop 5-8yrs 5:15-6:00	U13 Basketball 9-12 yrs 5:00-7:00



REGISTRATION

Opens **Oct 20** for members
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PROGRAMS START

the week of **November 30**

PRIVATE GUITAR LESSONS (6-12 YEARS)

Choose between a 30 or 45 minute session
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THURSDAY

WINTER 2015/2016 ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM/ KITCHEN	74 JOY ST	BOSTON ATHLETIC CLUB / CHARLESTOWN	CATHEDRAL HS
Jumping Jacks Gym 1-3yrs 9:15-10:00 10:15-11:00 11:15-12:00	Scribble & Squish 12-18mos 9:15-10:00 Step into a Story 3-5yrs 10:15-11:00 Art for the Toddler Heart 12-19 mos 11:15-12:00	NEW! Musical Playtime 6mos-3yrs <i>Classroom</i> 9:15-10:00 10:15-11:00 11:15-12:00			
Half Kick Soccer 3-5yrs 2:00-2:45 3:00-3:45	Art of Cooking 3-5yrs 1:00-2:00	Stories Together Playgroup 6 mos-4yrs <i>Classroom</i> 12:30-2:30 <i>Drop-in program for members ONLY</i>		Tiny Tennis 4-5yrs <i>Charlestown</i> 3:15-4:00 Indoor Soccer 6-12yrs <i>BAC</i> 5:30-6:30	
	Pre-School Picasso 3-5yrs 3:30-4:15	NEW! Cocinar con Amigos 5-7yrs <i>Kitchen</i> 4:00-5:00	Floor Hockey 6-8yrs 4:00-5:00		U9 Basketball 6-8 yrs 4:30-5:30



**PRIVATE PIANO AND VIOLIN LESSONS
(6-12 YEARS)**

Choose between a 30 or 45 minute session between
5:30 and 7:00 pm for your lessons.

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FRIDAY

WINTER 2015/2016 ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM

Total Body Strength 50yrs+
8:00-9:00

Tumble Time 2-4yrs
9:30-10:15
10:30-11:15
11:30-12:15

Born to Play Baseball 3-5yrs
1:30-2:15
2:15-3:00

ART ROOM

Mundo de Colores
12mos-3yrs
9:15-10:00

Toddler ArtVenture
19mos-3yrs
10:15-11:00

Sensory Art Explorers
12-18mos
11:15-12:00

Open Art 1-4yrs
1:00-3:00
*Drop-in program for members
ONLY*

CLASSROOM

NEW! Musical Playtime
6mos-3yrs
9:15-10:00
10:15-11:00

Little Groove Music
3mos-4yrs
11:15-12:00
12:30-1:15

74 JOY ST

Born to Play Baseball 3-5yrs
3:15-4:00

**Advanced Born to Play
Baseball 5-7yrs**
4:15-5:00
New time! 5:15-6:00

FAMILY FUN



Parents' Night Out 3-10yrs
6:30-9:30
*December 11, January 22 and
February 26
at the Firehouse*

Friday Night Fun 11-14yrs
7:00-9:00
*February 5
at the Firehouse*



PRIVATE PIANO AND VIOLIN LESSONS (6-12 YEARS)

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WEEKEND

WINTER 2015/2016
ATHLETIC AND PROGRAM GUIDE

SATURDAY

SUNDAY

74 JOY ST

Half Kick Soccer 3-5yrs

9:30-10:15

10:30-11:15

Born to Play Baseball 3-5yrs

11:30-12:15

NEW! Winter Sports

Classics 5-6yrs

1:00-2:00

NEW! Winter Sports

Classics 7-8yrs

2:00-3:00

FIREHOUSE

Page to Plate: Recipes from Children's Literature 7-10yrs

1:00-2:30

March 5

FIREHOUSE

Dads & Donuts

9:00-11:00

January 24

NEW FEBRUARY VACATION PROGRAMS!

Get your kids up and moving this February vacation
with our exciting one-time only offerings:

Tuesday, February 16, 1:30 – 2:30

Pick – Up Games, 7-8 yrs

74 Joy Street

Wednesday, February 17, 1:00 – 2:00

Science Can Be Beautiful Workshop, 5-8 yrs

Art Room, Firehouse

Thursday, February 19, 1:30 – 2:30

Pick-Up Games, 5-6 yrs

74 Joy Street



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ATHLETIC AND PROGRAM GUIDE

NOTE: Participants must meet a program's minimum age requirement by December 1, 2015.

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.

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.

NEW 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.

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.

Pre-School Picasso (3-5 years)

Wednesdays | 3:45

Thursdays | 3:45

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.

NEW Recycled Treasures (6-9 years)

Tuesdays | 4:00

There are so many treasures in your recycle bin – this class will help your child transform ordinary items like cereal boxes into something beautiful! Students will utilize some found objects to make a combination of 3D structures, reliefs and collages.

Sensory Art Explorers (12-18 months)

Tuesdays | 9:15

Fridays | 11:15

Your budding artist's senses will be engaged in a class that encourages messy sensory exploration! Your artist will be encouraged to learn about the process of creating art in small pieces so they can enjoy the social experience of creating art together. Little ones will collaborate in a community-centric environment to create paintings with paint mixed with spices, discover the way light interacts with shaving cream, and so much more.



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Scribble & Squish (12-18 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. 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!



Step into a Story (3-5 years)

Thursdays | 10:15

Your little illustrator will bring some classic and favorite storybooks to life in the art room! We'll be exploring sequences as we page through Eric Carle's *The Hungry Caterpillar*, using dot paints to replicate the lupine petals cared for by Miss Rumphius and transforming our hands into wings as we waddle through the pages of *Make Way for Ducklings*. This class will allow your child to explore these and other storybook worlds while creating age-appropriate projects incorporating texture, sequencing and decision-making techniques.

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

Toddler ArtVenture (19 months-3 years)

Tuesdays | 10:15

Fridays | 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 and 2:15

Fridays | 1:30, 2:15 and 3:15

Saturdays | 11:30

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 and 5:15

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 | 6:15-7:15

This off-season training clinic will offer your athlete the chance to stay in "baseball shape" throughout the winter. 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 (3-4.5 years)

Mondays | 3:30 and 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 League when they're the right age.

U6 Basketball (4.5-5 years)

Mondays | 5:00-6:00

Tuesdays | 5:15-6:15

The U6 instruction-based clinic introduces youngsters to the fundamentals of basketball in a fun, competitive setting. The first three weeks will focus on skills, sportsmanship and the basics of the game and subsequent weeks include actual basketball games. Our instructors/volunteers will teach the basics of offensive and defensive play while continuing to focus on good dribbling, passing, shooting, and rebounding techniques. Players must meet a program's minimum age requirement by December 1, 2015.

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U9 Basketball (6-8 years)

Mondays and Thursdays | 4:30 - 5:30

The U9 instructional league gives players the opportunity to play basketball in a supportive environment that emphasizes fun, sportsmanship and skill-building. The season begins with four 60 minute team practices and transitions into a eight game season with a 60 minute practice and scrimmages on Mondays and 45 minute game on Thursdays. Each player is assigned to a team and receives a jersey. Players must meet a program's minimum age requirement by December 1, 2015.

U13 Basketball (9-12 years)

Wednesdays | 5:00-7:00

The U13 competitive league exists for our seasoned basketball players. Each week focuses on player and team development and provides a challenging environment for players who aspire to reach their full potential. The season begins with three 2 hour team practices and occasional scrimmages and transitions into a seven game season with a 15 minute practice, warm up and game strategy session followed by a 45 minute game. Each player is assigned to a team and receives a jersey. Players must meet a program's minimum age requirement by December 1, 2015.

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! Mondays | 3:15-4:15

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 also 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.

NEW Cocinar con Amigos (5-7 years)

Thursdays | 4:00-5:00

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.

Healthy Cooking Club (6-9 years)

Mondays | 4:30-5:45

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, 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 have made to share. Come and cook up some fun with us!

Page to Plate Workshop: Recipes from Children's Literature (7-10 years)

Saturday, March 5 | 1:00-2:30

Books have the power to show us new worlds, hear from new perspectives and, sometimes, drool over impossibly delicious recipes. Join us at this 90 minute workshop to whip up some of the fantastic recipes found between the pages of stories like Thunder Cake, Matilda or even The Muffin Man. Chefs will return home with a treat and a recipe to share.



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Storybook Ballet (4-6 years)

Tuesdays | 4:30

Wednesdays | 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!

Tap & Hip Hop (5-8 years)

Wednesdays | 5:15

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!

EARLY PARENTING

Wee Ones Play & Grow (2-14 weeks)

Wednesdays | 12:30-1:45

Session I starts December 2 and

Session II starts January 27

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 (3-7 months)

Wednesdays | 11:15

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.

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.

FAMILY FUN

Dads & Donuts

Sunday, January 24 | 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.

Friday Night Fun (11-14 years)

February 5 | 7:00-9:00

Twens and teens 11-14 years old are invited to join us back in the neighborhood this winter for Friday Night Fun from 7:00 to 9:00 pm! Join us this month as we gather in the Main Assembly Room to create some beautiful creations for Hill House's first painting party. Grab your friends, have some seltzer and get ready to create!

Kids' Valentine's Day Party

February 11 | 3:00-5:30

The community is invited to this free event at the Firehouse to celebrate Valentine's Day! Activities will include a Valentine's Day craft, face painting and more. Volunteers are always welcome! Email Dianne at dpowers@hillhouseboston.org to learn more about the responsibilities.

Parents' Night Out (3-10 years)

December 11, January 22 and February 26 | 6:30-9:30

Drop your kids off at their all-time favorite place while you enjoy an evening without your love-able 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!

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NEW **Starlight, Starbright**
(6-18 months)

February 24 | 6:15-7:00

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...

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.

Intermediate Fencing (7-12 years)

Mondays | 6:30

This program builds upon all beginner materials, and are most valuable when taken after the completion 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: practice with electrical fencing equipment. This practice will allow fellow students to learn score-keeping and refereeing.

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.

HOCKEY

Floor Hockey (6-8 years)

New day! Thursdays | 4:00-5:00

This program, now moved into the bigger, padded gym at Joy Street, 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. This season we will be forming teams to face off against each other in the Joy Street gym: sign up early to request your team before the weekly face-offs begin!

Ice Hockey (5-12 years)

Mondays | 5:00-6:00

We are excited to continue our partnership with Joe Zizza and Power Edge Hockey, who are the leading edge in ice hockey coaching. Their focus is to teach the fundamentals of hockey by placing a strong emphasis on improving skating skills. Power Edge provides players an opportunity to develop their skills, play in games and competitions while instilling discipline, teamwork and sportsmanship. Our players respect the game, work hard and play the game the right way.

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.

REGISTRATION

Opens Oct 20 for members
Oct 22 for non-members

PROGRAMS START

the week of November 30



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

PROGRAM DESCRIPTIONS

All programs run for 45 minutes unless otherwise noted

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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 and teach them to execute their skills when needed. 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 begin to earn stripes and different color belts and practice goal-setting and obtainment.

MUSIC

Family Music Time (6 months-3 years)

Wednesdays | 9:15 and 10:15

This is a 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 | 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!

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.

NEW Musical Playtime (6 months-3 years)

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

Fridays | 9:15 and 10:15

A lively and imaginative child-centered curriculum fosters a child's musical and rhythmic development, socialization and play-based learning as well as healthy attachment with nurturing and attentive adults. Classes for the newly mobile and experienced walkers alike include a rich variety of the following: original and classic sing-a-longs, story time, creative movement, rhythm games, manipulatives such as colorful scarves, puppets, sensory play, bubbles and musical instruments. Each child participates at his or her own level by observing and exploring the materials offered.

Private Music Lessons (6-12 years)

Spaces may be available | Call Sam 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 percussion teachers work to cultivate skills and foster your child's love of music by incorporating requests and popular music along with the classics during lesson times.

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, drop-in program, one of several benefits available to our broader Beacon Hill Community!

Stories Together 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 will read new stories each week, listen to music and meet other friends! Come enjoy all the great play equipment we have on-site. We hope to see you there!

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SOCCER

Half Kick Soccer (3-5 years)

Mondays | 1:30 and 2:15

Thursdays | 2:00 and 3:00

Saturdays | 9:30 and 10:30

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.

Indoor Soccer (6-12 years)

Thursdays | 5:30-6:30

Indoor Soccer, played on a hard surface, 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 group. This offers greater variety and age-appropriate challenges.

SPORTS & MOVEMENT

All Star Sports Clinic (3-5 years)

Tuesdays | 2:00

This clinic will strengthen basic athletic skills and will introduce kids to the rules and regulations of soccer. 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.

Winter Sports Classics (5-9 years)

Saturdays | 1:00-2:00 for 5-6 years

Saturdays | 2:00-3:00 for 7-8 years

This class is just what you need for active kids cooped up on a winter weekend. We play a different sport each week, including basketball, indoor soccer and floor hockey—we may even get in some indoor batting practice to gear up for the spring baseball season. We will go over the basic skills of each sport and will include fun games, as well!

STEM (SCIENCE, TECHNOLOGY, ENGINEERING AND MATH)

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!

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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.

TENNIS

Tiny Tennis (4-5 years)

Thursdays | 3:15

Join us under the bubble on the tennis courts this winter and stay active through the cold months! 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.

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, 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.

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.

Tumble Time (2-4 years)

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

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.

VACATION WEEK PROGRAMS

Pick-Up Games (5-8 years)

February 16, 7-8 years | 1:30-2:30

February 18, 5-6 years | 1:30-2:30

No school? No problem – keep your athlete entertained during school vacation week at one of our age-appropriate pick-up games. We'll break up the hour so everyone gets a chance to play a full 30 minute game of basketball and floor hockey to keep themselves active while they're taking a break from school.

Science Can Be Beautiful Workshop (5-8 years)

February 17 | 1:00-2:00

Crystals can grow from glue, oobleck can dance and gravity can help create beautiful geometric shapes. Keep your mind active during school vacation week and head on over to the art room to see the art that can be created by conducting some simple science experiments. When art and science combine, the results can be beautiful!

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. Although this is a drop off class, the instructor is a certified adult yoga instructor and is happy to include adults in the practice.

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*All programs are subject to change.
Interested in a class or class time that we don't offer?
Please share your thoughts and ideas!*

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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 classes.

CONTACT Samantha Baglioni
sbaglioni@hillhouseboston.org
617-227-5838, x10

VISIT hillhouseboston.org

REGISTRATION

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QUESTIONS?

LAUREN HOOPS-SCHMIEG
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General Program Inquiries

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Save the Date for Summer!

Hill House Summer Day Camp and
Kiddie Kamp registration opens
January 19, 2016!

PROGRAMS START

the week of November 30

THIS SEASON AT-A-GLANCE

Tuesday, October 20
Winter registration opens for members
10:00am

Thursday, October 22
Winter registration opens for
non-members
10:00am

Monday, November 30
Winter programs begin

**Saturday, December 5
& Sunday, December 6**
Hill House Christmas Tree
& Wreath Sale
10:00am – 4:00pm

Thursday, December 10
Photos with Santa in conjunction with
the Beacon Hill Business Association
Holiday Stroll
4:00pm – 6:30pm

Friday, December 11
Parents' Night Out
6:30pm

**Monday, December 21–
Friday, January 2**
Hill House closed

Monday, January 4
Programs resume

Monday, January 18
Hill House closed

Friday, January 22
Parents' Night Out
6:30pm

Friday, February 5
Friday Night Fun
7:00 – 9:00pm

Tuesday, February 9
Spring registration opens for members
10:00 am

Thursday, February 11
Spring Registration opens for
non-members
10:00 am

Thursday, February 11
Kids' Valentine's Day Party
3:00pm – 5:30pm

Monday, February 15
Hill House closed

Friday, February 26
Parents' Night Out
6:30pm



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