



# FALL 2015 ATHLETIC AND PROGRAM GUIDE



## REGISTRATION OPENS

June 2 for members,  
June 4 for non-members.

## PROGRAMS START

Week of September 8.



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

[www.hillhouseboston.org](http://www.hillhouseboston.org)



# MONDAY

**FALL 2015**

ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM	ART ROOM	KITCHEN	CLASSROOM	74 JOY	BOSTON COMMON
<b>Total Body Strength 50yrs+</b> 8:00-9:00 <b>Vamos a Saltar! 1-4yrs</b> 9:30-10:15 10:30-11:15 <b>Open Playgroup 6mos-4yrs</b> 11:30-12:15 12:15-1:00 <i>Drop-in program</i>	<b>Art for the Toddler Heart</b> 19mos-3yrs 9:15-10:00 10:15-11:00		<b>Music Together 0-5yrs</b> 9:15-10:00 10:15-11:00		
<b>Kiddie Karate 3-4yrs</b> 3:30-4:15	<b>Open Art 1-4yrs</b> 12:30-2:30 <i>Drop-in program for members ONLY</i> <b>Sculpture 6-9yrs</b> 3:30-4:15			<b>Bitty Basketball 3-5yrs</b> 3:30-4:15 4:15-5:00	<b>Half Kick Soccer 3-4.5yrs</b> 1:30-2:15 2:15-3:00
<b>Beginner Karate 5-6yrs</b> 4:30-5:15 <b>Beginner Fencing 5-12yrs</b> 5:30-6:15 <b>Intermediate Fencing 7-12 yrs</b> 6:30-7:15		<b>Healthy Cooking Club</b> <b>NEW</b> 6-9yrs 4:30-5:45	<b>Chess I &amp; II 6-12yrs</b> 4:45-5:45	<b>Stay Sharp Basketball 6-8yrs</b> 5:00-5:45 <b>Indoor Batting Practice 7-12yrs</b> 6:00-7:00	<b>Girls' Running Club 8-12 yrs</b> 5:30-6:30 <i>8 week program</i>



## Private Music Lessons (6-12 years)

Choose a 30 or 45 minute session  
between 3:00 and 7:00 pm  
for your lessons.

**Call** Samantha at 617-227-5838 x 10  
to coordinate with our instructors!

## REGISTRATION

Opens **June 2** for members,  
**June 4** for non-members.  
[www.hillhouseboston.org](http://www.hillhouseboston.org)

## PROGRAMS START

the week of **September 8.**



127 Mount Vernon St.  
Boston, MA 02108

(617) 227-5838

# TUESDAY

**FALL 2015**

ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	74 JOY	TERSF	BOSTON COMMON
<b>Jumping Jacks Gym 1-3yrs</b> 9:15-10:00 10:15-11:00 11:15-12:00	<b>Sensory Art Explorers</b> <b>12-18mos</b> 9:15-10:00  <b>Toddler ArtVenture</b> <b>19mos-3yrs</b> 10:15-11:00 11:15-12:00	<b>Little Groove Music</b> <b>3mos-4yrs</b> 9:15-10:00 10:15-11:00 11:15-12:00			
<b>Beginner Karate 5-6yrs</b> 3:30-4:15	<b>Scratch Computer Programming 6-8yrs</b> <b>NEW</b> 3:30-4:30	<b>Open Playgroup 6mos-4yrs</b> 1:00-3:00 <i>Drop-in program</i>	<b>Tiny Tappers 3-4yrs</b> 3:30-4:15		<b>All Star Sports Clinic 3-5yrs</b> 1:45-2:30
<b>Intermediate Karate 7-12yrs</b> 4:30-5:15	<b>Lego Robotics &amp; Programming 9-11yrs</b> <b>NEW</b> 4:45-5:45	<b>Family Yoga 3-5yrs</b> 4:00-4:45	<b>Storybook Ballet 4-6yrs</b> 4:30-5:15  <b>Jazz Dance 5-7yrs</b> 5:15-6:00	<b>U6 Soccer Practice 4.5-5yrs</b> 5:15-6:15  <b>U8 Boys Soccer Practice 6-7yrs</b> 5:15-6:15	



## Private Music Lessons (6-12 years)

Choose a 30 or 45 minute session  
between 3:00 and 7:00 pm  
for your lessons.

**Call** Samantha at 617-227-5838 x 10  
to coordinate with our instructors!

## REGISTRATION

Opens **June 2** for members,  
**June 4** for non-members.  
[www.hillhouseboston.org](http://www.hillhouseboston.org)

## PROGRAMS START

the week of **September 8.**



127 Mount Vernon St.  
Boston, MA 02108

(617) 227-5838

# WEDNESDAY

**FALL 2015**

ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	74 JOY	YELLOW ROOM	COMMON/TERSF
<b>Jumping Jacks Gym 1-3yrs</b> 9:15-10:00 10:15-11:00 11:15-12:00	<b>Beyond the Paintbrush 1-3yrs</b> 9:15-10:00 10:15-11:00  <b>Scribble &amp; Squish 12-18mos</b> 11:15-12:00	<b>Family Music Time</b> <b>6mos-3yrs</b> 9:15-10:00 10:15-11:00  <b>Babies Play &amp; Grow 3-7mos</b> 11:15-12:00			
		<b>Open Playgroup 6mos-4yrs</b> 1:00-3:00 <i>Drop-in program</i>	<b>Bitty Basketball 3-5yrs</b> 3:30-4:15	<b>Wee Ones Play &amp; Grow</b> <b>2-14wks</b> 12:30-1:45 <i>5 week program</i>	<b>Born to Play Baseball 3-5yrs</b> 1:30-2:15 2:15-3:00 <i>Common</i>
<b>Musical Theatre &amp; Arts Combo 6-9yrs</b> Musical Theatre: 4:00-4:45 Art: 4:45-5:30	<b>Pre-School Picasso 3-5yrs</b> 4:00-4:45	<b>Mind Your Manners: Beyond Please &amp; Thank You 7-9yrs</b> 4:00-4:45	<b>Storybook Ballet 4-6yrs</b> 4:30-5:15  <b>Tap &amp; Hip Hop 5-8yrs</b> 5:15-6:00		<b>Half Kick Soccer 3-4.5yrs</b> 5:15-6:00 <i>8 week program</i> <i>TERSF</i>  <b>U10 Boys Soccer Practice 8-10yrs</b> 5:15-6:15 <i>TERSF</i>  <b>U13 Boys Soccer Practice 11-12yrs</b> 5:15-6:15 <i>TERSF</i>



## Private Music Lessons (6-12 years)

Choose a 30 or 45 minute session between 3:00 and 7:00 pm for your lessons.

**Call** Samantha at 617-227-5838 x 10 to coordinate with our instructors!

## REGISTRATION

Opens **June 2** for members,  
**June 4** for non-members.  
[www.hillhouseboston.org](http://www.hillhouseboston.org)

## PROGRAMS START

the week of **September 8.**



127 Mount Vernon St.  
 Boston, MA 02108

(617) 227-5838



# THURSDAY

**FALL 2015**

ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	CHARLESTOWN/ TERSF	BOSTON COMMON	74 JOY
<b>Jumping Jacks Gym 1-3yrs</b> 9:15-10:00 10:15-11:00 11:15-12:00	<b>Scribble &amp; Squish</b> <b>12-18mos</b> 9:15-10:00  <b>Step into a Story 3-5yrs</b> <b>NEW</b> 10:15-11:00 <b>Art for the Toddler Heart</b> <b>12-19mos</b> 11:15-12:00	<b>Music Together 0-5yrs</b> 9:15-10:00 10:15-11:00			
	<b>Art of Cooking 3-5yrs</b> 1:00-2:00  <b>Pre-School Picasso 3-5yrs</b> 3:45-4:30	<b>Stories Together Playgroup</b> <b>6 mos-4yrs</b> 12:30 to 2:30 <i>Drop-in program for members ONLY</i>	<b>Tiny Tennis 4-5yrs</b> 3:15-4:00 <i>Charlestown</i>	<b>All Star Sports Clinic 3-5yrs</b> 1:45-2:30  <b>Half Kick Soccer 3-4.5yrs</b> 3:30-4:15 4:15-5:00	<b>Kiddie Karate 3-4yrs</b> 3:45-4:30
			<b>U8 Girls Soccer Practice</b> <b>6-7yrs</b> 5:15-6:15 <i>TERSF</i>  <b>U11 Girls Soccer Practice</b> <b>8-10yrs</b> 5:15-6:15 <i>TERSF</i>		<b>Beginner/Intermediate Karate 5-8yrs</b> 4:45-5:30



## REGISTRATION

Opens **June 2** for members,  
**June 4** for non-members.  
[www.hillhouseboston.org](http://www.hillhouseboston.org)

## PROGRAMS START

the week of **September 8.**

## Private Music Lessons (6-12 years)

Choose a 30 or 45 minute session  
 between 3:00 and 7:00 pm  
 for your lessons.

**Call** Samantha at 617-227-5838 x 10  
 to coordinate with our instructors!





127 Mount Vernon St.  
 Boston, MA 02108

(617) 227-5838

# FRIDAY

**FALL 2015**

ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	JOY STREET/TERSF	BOSTON COMMON	FAMILY FUN
<b>Total Body Strength 50yrs+</b> 8:00-9:00  <b>Tumble Time 2-4yrs</b> 9:30-10:15 10:30-11:15 11:30-12:15	<b>Mundo de Colores 1-3yrs</b> 9:15-10:00  <b>Toddler Art Venture 19mos-3yrs</b> 10:15-11:00  <b>Sensory Art Explorers 12-18mos</b> 11:15-12:00	<b>Family Music Time 6mos-3yrs</b> 9:15-10:00 10:15-11:00  <b>Little Groove Music 3mos-4yrs</b> 11:15-12:00 12:30-1:15			
	<b>Open Art 1-4yrs</b> 1:00-3:00 <i>Drop-in program for members ONLY</i>		<b>Floor Hockey 6-8yrs</b> 4:30-5:30 <i>Joy Street</i>	<b>Born to Play Baseball 3-5yrs</b> 1:30-2:15  <b>Born to Play Baseball 3-5yrs</b> 3:30-4:15 4:15-5:00	
			<b>United Practice 8-12yrs</b> 5:30-7:00 <i>TERSF</i>	<b>Advanced Born to Play Baseball 5-7yrs</b> 5:15-6:00 <i>8 week program</i>  <b>Flag Football 7-12yrs</b> 5:30-6:30 <i>8 week program</i>	<b>Parents' Night Out 3-10yrs</b> September 25, October 23 & November 20 6:30-9:30  <b>Friday Night Fun 11-14yrs</b> Date TBD 7:00-9:30

## REGISTRATION

Opens **June 2** for members,  
**June 4** for non-members.  
[www.hillhouseboston.org](http://www.hillhouseboston.org)

## PROGRAMS START

the week of **September 8.**

## Private Music Lessons (6-12 years)

Choose a 30 or 45 minute session  
between 3:00 and 7:00 pm  
for your lessons.

**Call** Samantha at 617-227-5838 x 10  
to coordinate with our instructors!



127 Mount Vernon St.  
Boston, MA 02108

(617) 227-5838

# WEEKEND

**FALL 2015**

ATHLETIC AND PROGRAM GUIDE

## SATURDAY

### FIREHOUSE

**Big Joe the Storyteller**  
2-5yrs  
10:00-11:00  
September 12,  
October 17 and  
November 14

**Page to Plate Workshop:**  
Recipes from Children's  
Literature  
**7-10yrs**  
1:00-2:30  
November 7

**NEW**



### TERSF

**Half Kick Soccer 3-4.5yrs**  
9:00-9:45  
10:30-11:15  
11:30-12:15  
8 week program

**U6 Soccer Games 4.5-5yrs**  
8:30 and 9:30  
Practices on Tuesdays

**U8 Girls Soccer Games**  
6-7yrs  
9:30 and 10:30  
Practices on Thursdays

**U8 Boys Soccer games**  
6-7yrs  
11:30, 12:30 and 1:30  
Practices on Tuesdays

**U10 Boys Soccer games**  
8-9yrs  
9:45, 11:00 and 11:30  
Practices on Wednesdays

**U11 Girls Soccer games**  
8-10yrs  
8:30  
Practices on Thursdays

**U13 Boys Soccer games**  
10-12yrs  
9:00  
Practices on Wednesdays

**Hill House United Soccer Games**  
Practices on Fridays  
All players must have tried out  
and been invited to play in the  
spring in order to participate.  
Please visit [bays.org](http://bays.org) to view  
travel schedules.

## SUNDAY

### FAMILY FUN

**Dads & Donuts**  
October 18  
3:00-4:00  
Firehouse

### TERSF

**Intro to Girls Lacrosse**  
6-12yrs  
3:00-4:00  
8 week program  
Sign up for our 5-7  
or 8-10yrs group.

**Intro to Boys Lacrosse**  
6-12yrs  
3:00-4:00  
8 week program  
Sign up for our 5-7  
or 8-10yrs group.



## REGISTRATION

Opens **June 2** for members,  
**June 4** for non-members.  
[www.hillhouseboston.org](http://www.hillhouseboston.org)

## PROGRAMS START

the week of **September 8.**



127 Mount Vernon St.  
Boston, MA 02108

(617) 227-5838

# PROGRAM DESCRIPTIONS

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

## FALL 2015

ATHLETIC AND PROGRAM GUIDE

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

## ART

### Art for the Toddler Heart (19months-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 and awareness of colors, shapes and textures.

### Beyond the Paintbrush (1-5 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** 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.

### Mundo de Colores (1-3 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.

### Toddler ArtVenture (19months-3 years)

Tuesdays | 10:15 and 11:15  
Fridays | 10:15

Join us in the art room as we challenge your child to expand their creativity. Your toddler will create basic sculptures to help refine their fine 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 of the art projects that they have created on their own. Formerly known as Musical ArtVenture.

### Open Art (1-4 years)

Wednesdays | 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 | 4:00  
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.

### Sensory Art Explorers (1-1.6 years)

Tuesdays | 9:15  
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. This program was formerly known and the Hill House classic "Sensory Art".



## REGISTRATION

Opens **June 2** for members,  
**June 4** for non-members.  
[www.hillhouseboston.org](http://www.hillhouseboston.org)

**PROGRAMS START**  
the week of **September 8.**



127 Mount Vernon St.  
Boston, MA 02108

(617) 227-5838



# PROGRAM DESCRIPTIONS

*All programs run for 45 minutes unless otherwise noted for 10 weeks*

## FALL 2015

ATHLETIC AND PROGRAM GUIDE

### Scribble & Squish (12-18months)

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!

### Sculpture (6-9 years)

Mondays | 3:30

Unwind on Monday afternoons and get engrossed in the building of all things 3D! Students will be introduced to both abstract and figurative sculptures to help them envision a creation of their own. Working with clay, wood and wire, the sculptures will be as varied and wild as their imaginations.

## BASEBALL

### Born to Play Baseball (3-5 years)

Wednesdays | 1:30 and 2:15

Fridays | 1:30, 3:30, 4:15

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 | 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 | 6:00-7:00

This off-season training clinic will offer your athlete the chance to stay in "baseball shape" throughout the fall. 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 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.

### 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 Basketball City 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 winter soccer clinic and our fall batting practices, keep your body in motion and your muscle memory fresh, in season and out.

## CHESS

### Chess I (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)

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** 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!

## REGISTRATION

Opens **June 2** for members,  
**June 4** for non-members.  
[www.hillhouseboston.org](http://www.hillhouseboston.org)

**PROGRAMS START**  
the week of **September 8.**



127 Mount Vernon St.  
Boston, MA 02108

(617) 227-5838

# PROGRAM DESCRIPTIONS

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

## FALL 2015

ATHLETIC AND PROGRAM GUIDE

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

Saturday, November 7 | 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.

## DANCE

### Jazz Dance (5-7 years)

Tuesdays | 5:15

Get moving with us in this upbeat form of dance combining technique with the latest moves from today's music. This class emphasizes good stretching and stamina, with instruction in turns and leaps. Students will create and practice a special dance to be performed at the end of the semester.

### 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 begins September 9

Session II begins October 21

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 (7-9 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!

## 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 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.

## REGISTRATION

Opens **June 2** for members,  
**June 4** for non-members.  
[www.hillhouseboston.org](http://www.hillhouseboston.org)

**PROGRAMS START**  
the week of **September 8.**



127 Mount Vernon St.  
Boston, MA 02108

(617) 227-5838

# PROGRAM DESCRIPTIONS

*All programs run for 45 minutes unless otherwise noted for 10 weeks*

## FALL 2015

ATHLETIC AND PROGRAM GUIDE

### 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.

### FAMILY FUN

#### Big Joe the Storyteller (2-5 years)

**September 12, October 17 and November 14 | 10:00-11:00**

Toddlers have a unique set of needs when it comes to storytelling and Big Joe knows it well! As a result, he has created a program just for them. Using a mix of shorter and less complex stories along with colorful and non-threatening puppets and props, he tells tales at a softer level with gentle but varied voice tones and thoughtful movements, so that toddlers who are sensitive to abrupt sounds and actions will not be frightened. Big Joe puts on a show that will engage and delight toddlers but will also put them at ease so that they can enjoy new, exciting stories each week.

### Dads & Donuts

**Sunday, October 18 | 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 and their growing children to have fun with their kids and meet other fathers in the area.

### Parents' Night Out (3-10 years)

**September 25, October 23 and November 20 | 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!

### Friday Night Fun (11-14 years)

**Date TBA | 7:00-9:00**

Tweens and teens 11-14 years old are invited to join us back in the neighborhood this fall for Friday Night Fun (formerly Friday Friends) from 7:00 to 9:00 pm! Your old neighborhood friendships shouldn't die out just because everyone goes to school out in the suburbs. Plus, what better way to spend a Friday night when you're this age than hanging out with friends, out of the house, in a safe and supervised setting.

### 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.

### FOOTBALL

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

**Fridays | 5:30-6:30**

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.

### HOCKEY

#### Floor Hockey (6-8 years)

**Fridays | 4:30-5:30**

This perfect Friday afternoon activity 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. Each session will end with a scrimmage.

### KARATE

#### Kiddie Karate (3-4 years)

**Mondays | 3:30 and Thursdays | 3:45**

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 and 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.

#### Beginner/Intermediate Karate (5-8 years)

**Thursdays | 4:45**

This class will bring together students learning at a beginner and intermediate level to further the knowledge of karate. The class will help students to understand the importance of respecting the dojo, listening and raising hands during class will help them to continue learning with caution. Some students will begin earning stripes and different colored belts and this level. Learning about setting goals and how to reach them is the first step.

### REGISTRATION

Opens **June 2** for members,  
**June 4** for non-members.  
[www.hillhouseboston.org](http://www.hillhouseboston.org)

**PROGRAMS START**  
the week of **September 8.**



127 Mount Vernon St.  
Boston, MA 02108

(617) 227-5838

# PROGRAM DESCRIPTIONS

*All programs run for 45 minutes unless otherwise noted for 10 weeks*

## FALL 2015

ATHLETIC AND PROGRAM GUIDE

### 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.

## LACROSSE

### Girls' Introduction to Lacrosse (5-7 and 8-10 years)

Sundays | 3:00-4:00

Join us in this introductory clinic that meets Sundays on Teddy Ebersol's Red Sox Fields. 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.

Girls will need will the following equipment:

- Goggles
- Mouthpiece
- Stick
- Cleats preferred but sneakers are acceptable

### Boys' Introduction to Lacrosse (5-7 and 8-10 years)

Sundays | 3:00-4:00

Join us in this introductory clinic that meets Sundays on Teddy Ebersol's Red Sox Fields. Boys 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.

Boys will need the following equipment:

- Helmet
- Shoulder pads
- Elbow pads
- Gloves
- Mouth piece
- Protective cup
- Stick
- Cleats preferred but sneakers are acceptable

## MUSIC

### Family Music Time (6 months-3 years)

Wednesdays | 9:15 and 10:15

Fridays | 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

Thursdays | 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 Samantha 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 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!

## REGISTRATION

Opens **June 2** for members,  
**June 4** for non-members.  
[www.hillhouseboston.org](http://www.hillhouseboston.org)

**PROGRAMS START**  
the week of **September 8.**



127 Mount Vernon St.  
Boston, MA 02108

(617) 227-5838



# PROGRAM DESCRIPTIONS

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

## FALL 2015

ATHLETIC AND PROGRAM GUIDE

### RUNNING

#### Girls' Running Club

Mondays | 5:30-6:30

This is an eight week course for girls that will meet on the Boston Common. New and experienced distance runners will be coached toward success and the season will culminate with the opportunity to compete in the Mayor's Cup Cross Country Races in late October.

### SOCCER

#### Half Kick Soccer (3-4.5 years)

Mondays | 1:30 and 2:15

Wednesdays | 5:15

Thursdays | 3:30 and 4:15

Saturdays | 9:00, 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 Travel Soccer (8-12 years)

Practices on Fridays | 5:30-7:00

Weekend games

Visit [www.bays.org](http://www.bays.org) for schedule

Hill House United travel soccer teams exist 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. Participation requires a significant commitment due to the travel involved. All travel is limited to the Greater Boston area. All participants must have tried out in the spring and made the team in order to participate.

#### U6 Soccer (4.5-5 years)

Practices on Tuesdays | 5:15-6:15 Saturday games | 8:30 and 9:30

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.

U6 players will be assigned to teams. Participants will practice on Tuesday afternoons at 5:15 pm and play games on Saturday mornings (game schedules will be listed on the Soccer page of the Hill House website). Games are played in a 45 minute time slot.

The goal of U6 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.

#### U8 Girls Soccer (6-7 years)

Practices on Thursdays | 5:15-6:15 Saturday games | 9:30 and 10:30

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.

U8 girls soccer players will be divided into teams based on age. Participants will practice on Thursday nights at 5:15 pm and play games on Saturday mornings (game schedules will be listed on the Soccer page of the Hill House website). Games are played in a 65 minute time slot.

The goal of U8 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 her interest and ability.



### REGISTRATION

Opens **June 2** for members,  
**June 4** for non-members.  
[www.hillhouseboston.org](http://www.hillhouseboston.org)

**PROGRAMS START**  
the week of **September 8.**



127 Mount Vernon St.  
Boston, MA 02108

(617) 227-5838

# PROGRAM DESCRIPTIONS

*All programs run for 45 minutes unless otherwise noted for 10 weeks*

## FALL 2015

ATHLETIC AND PROGRAM GUIDE

### U8 Boys Soccer (6-7 years)

Practices on Tuesdays | 5:15-6:15

Saturday games | 11:30, 12:30 and 1:30

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.

U8 boys soccer players will be divided into teams based on age. Participants will practice on Tuesday nights at 5:15 pm and play games on Saturday mornings (game schedules will be listed on the Soccer page of the Hill House website). Games are played in a 60 minute time slot.

The goal of U8 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 interest and ability.

### U10 Boys Soccer (8-10 years)

Practices on Wednesdays | 5:15-6:15

Saturday games | 9:45, 11:00 and 11:30

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.

U10 players will be divided into teams based on age. Participants will practice on Wednesday nights at 5:15 pm and play games on Saturday mornings (game schedules will be listed on the Soccer page of the Hill House website). Games are played in a 65 minute time slot.

The goal of U10 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 interest and ability.

### U11 Girls Soccer (8-10 years)

Practices on Thursdays | 5:15-6:15

Saturday games | 8:30

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.

U11 players will be divided into teams based on age. Participants will practice on Thursday nights at 5:15 pm and play games on Saturday mornings (game schedules will be listed on the Soccer page of the Hill House website). Games are played in a 65 minute time slot.

The goal of U11 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 her interest and ability.

### U13 Boys Soccer (11-12 years)

Practices on Wednesdays | 5:15-6:15

Saturday games | 9:00

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.

U13 players will be divided into teams based on age. Participants will practice on Wednesday nights at 5:15 pm and play games on Saturday mornings (game schedules will be listed on the Soccer page of the Hill House website). Games are played in a 65 minute time slot.

The goal of U13 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 interest and ability.



## SPORTS & MOVEMENT

### All Star Sports Clinic (3-5 years)

Tuesdays | 1:45

Thursdays | 1:45

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.

## REGISTRATION

Opens **June 2** for members,  
**June 4** for non-members.  
[www.hillhouseboston.org](http://www.hillhouseboston.org)

## PROGRAMS START

the week of **September 8.**



127 Mount Vernon St.  
Boston, MA 02108

(617) 227-5838

# PROGRAM DESCRIPTIONS

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

## FALL 2015

ATHLETIC AND PROGRAM GUIDE

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

#### **NEW** Scratch Computer Programming (6-8 years)

Tuesdays | 3:30-4:30

Scratch the surface of design and programming with Scratch and EMPOW Studios! 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!

#### **NEW** 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 from EMPOW Studios 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.

### YOGA

#### Family Yoga (3-5 years)

Tuesdays | 4:00

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.

.....  
*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!*



### REGISTRATION

Opens **June 2** for members,  
**June 4** for non-members.  
[www.hillhouseboston.org](http://www.hillhouseboston.org)

**PROGRAMS START**  
the week of **September 8.**



127 Mount Vernon St.  
Boston, MA 02108

(617) 227-5838



FALL 2015

# 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, x22

**EMAIL** dpowers@hillhouseboston.org

**VISIT** hillhouseboston.org

## QUESTIONS?

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

**Rachel Czubryt**, Program Manager  
rczubryt@hillhouseboston.org x14

**Joe Parlow**, Athletics Manager  
jparlow@hillhouseboston.org x11

**Mike Hadley**, Athletics Coordinator  
mhadley@hillhouseboston.org x13

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

## GENERAL PROGRAM INQUIRIES

**Samantha Baglioni**, Program Associate  
sbaglioni@hillhouseboston.org x10

## THIS SEASON AT-A-GLANCE

**September 7:** Fall programming begins

**September 12:** Big Joe the Storyteller

**September 20:** Pancake Breakfast and Children's Sports  
Equipment Tag Sale

**September 25:** Parents' Night Out

**October 12:** Closed for Columbus Day

**October 17:** Big Joe the Storyteller

**October 18:** Dads & Donuts

**October 20:** Winter registration for members

**October 22:** Winter registration for non-members

**October 23:** Parents' Night Out

**October 29:** Kids' Halloween Party

**November 14:** Big Joe the Storyteller

**November 20:** Parents' Night Out

Dates for Friday Night Fun to come

## REGISTRATION

Opens **June 2** for members,  
**June 4** for non-members.  
www.hillhouseboston.org

## PROGRAMS START

the week of **September 8.**



127 Mount Vernon St.  
Boston, MA 02108

(617) 227-5838