



HORIZONS
Youth Programs @
Masco Middle School
Register HERE



Tri-Town Council is excited to introduce after-school enrichment programs for Masco Middle School youth!

SITUATIONAL AWARENESS & SELF – DEFENSE

GRADES: 7 & 8

Fee: \$115

MONDAYS: March 4, 11, 18, 25 April 1, 8

3:00pm—4:00 pm 6 week program

Practice defending yourself and avoiding potential danger from strangers. Learn effective techniques that will help you manage uncomfortable situations. Participants will do an assortment of drills and games to help them feel comfortable using their voice, develop environmental awareness, read and use body language, break free from a grab and maximize their physical strength and power if needed against an attacker. **Taught by Deborah Goldsmith of Goldsmith's Martial Arts and Fitness. Min 6/Max 16**



For more information or questions about these programs,
please contact dseymour@tritowncouncil.org or call 978-887-6512.

Register HERE

Middle School Horizons classes are carefully chosen to offer quality instruction, recreational and social opportunities which strengthen connections and learning for youth!