



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**



YOGA & MINDFULNESS

GRADES: 7 & 8

Fee: \$100

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

3:00pm—4:00 pm 6 week program

Join **Elissa Shoreman, owner of Buddhaful Souls** Yoga Studio to breathe in the possibilities with the practice of Yoga! This class is designed to build outer strength, inner strength, self-confidence, and compassion. Participants will gain kinesthetic awareness, flexibility as well as learn to control breath in order to calm and focus. We will use this ancient practice to help us recognize, process, and manage the body's response to stress, anxiety and "big" emotions. At the end of class, participants will leave feeling refreshed, relaxed, and a little more comfortable in their own skin! **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!