

# Learn Fencing!

in Arnold Rue Community Center



## Did you know...

- Fencing is one of only four sports that were part of EVERY modern Olympic Games!
- The tip of the fencing sword is among the fastest moving objects in sports, second only to marksmen's bullet!
- Madonna, Iron Maiden's Bruce Dickinson, soccer star David Beckham, the founder of the modern Olympic Games Pierre de Coubertin - all fencers! (As a fencer, you are in a great company)

## Fencing helps develop:

- Agility
- Coordination
- Focus
- Respect
- Ability to make decisions under pressure

... and is a great anaerobic exercise, and a great alternative to cutting carbs ☺

## Our Fencing Classes (Jul-Oct 2011)

- **Youth class** (ages 6 - 13), two classes / week, \$120/month  
Group A: Tue: 3:00 - 4:15 PM, Fri: 3:00 - 4:15 PM  
Group B: Wed: 2:00 - 3:15 PM, Sat: Noon - 1:15 PM
- **Junior class** (ages 14 - 19), two classes / week, \$120/month  
Group A: Tue: 4:30 - 5:45 PM, Fri: 4:30 - 5:45 PM  
Group B: Wed: 3:30 - 4:45 PM, Sat: 1:30 - 2:45 PM
- **Senior class** (age 20 and over)  
Group A: Saturdays, 1:30-2:45 PM (\$80/month)  
Group B: Wed: 3:30 - 4:45 PM, Sat: 1:30 - 2:45 PM (\$120/month)

We provide the necessary fencing equipment for class use.  
Come in sneakers, stretchy pants/warm-ups, and T-shirt.

