

Learn FENCING!



Ages 6-up

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

- **Youth class** (ages 6 - 12), two classes / week, \$135/month
 - Group A: Tue: 3:15 - 4:15 PM, Fri: 3:15 - 4:15 PM
 - Group B: Wed: 3:15 - 4:15 PM, Sat: Noon - 1:15 PM
- **Junior/Adult class** (ages 13-up), two classes / week, \$135/month
 - Group A: Tue: 4:30 - 5:45 PM, Fri: 4:30 - 5:45 PM
 - Group B: Wed: 4:30 - 5:45 PM, Sat: 1:30 - 2:45 PM
- **Once-a-week class** (all ages), one class / week, \$90/month
 - Any one day: Tue / Wed / Fri / Sat

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

