



ADULT FENCING

AGES 14 & UP



THIS SPORT OF KINGS IS DESIGNED TO BE PRACTICED FOR A LIFETIME...

- Build on your fitness
- Develop mental acuity
- Move at your own pace
- Enhance coordination

Appropriate for High School Youth, College Aged Adults and Older Adults

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LEARN...

- Thrusts
- Lunges
- Parries (deflections)
- Ripostes (quick maneuvers)

SATURDAYS

11:30AM-

12:30PM

6 week sessions

November 7th - December 19th

All levels welcome!

Group Exercise Room

Taught by Sheeka Burchard

For more information, contact

Becky Ennis @

545-9622 x 3128

6 WEEK SESSION FEES:

FACILITY MEMBERS/\$59

PROGRAM MEMBERS/\$69

NON-MEMBERS/\$79

No equipment to purchase

Mask, jacket, glove & foil provided . A T-shirt, long pants & athletic shoes are worn during class.



The YMCA is pleased to announce our collaboration with North Bay Fencing Academy under the direction of Peter Burchard. He has over 35 years of expertise, is a fencing master and holds degrees from the U.S. Fencing Coaches Association & the Military Masters' Program. In addition, your youth instructor, Sheeka Burchard has worked with children for many years.

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<http://www.scfymca.org> The YMCA is a not-for-profit, community organization. Financial assistance is available.