



YOUTH FENCING



FOR CHILDREN AGES 7-13

**SATURDAYS
12:30-1:30PM**

6 week sessions

November 7th – December 19th

**Taught by Sheeka Burchard
All levels welcome!**

Group Exercise Room

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.

THIS SAFE, HIGH-ENERGY OLYMPIC SPORT ENHANCES:

- COORDINATION
- MENTAL AGILITY
- CAMARADERIE
- HONOR
- RESPECT
- ONE-ON-ONE COMPETITION

SKILLS STUDENTS WILL LEARN:

- THRUSTS
- LUNGES
- PARRIES (deflections)
- RIPOSTES (quick maneuvers)

Photo taken in Madrid, Spain by Sheeka Burchard



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.