

# My Fencing Club PROGRAM GUIDE



## Welcome to the club!

The club offers programs for all ages and skill levels for foil and sabre.

### Group Lessons

*Learning and developing basic fencing skills.*

- ★ Dynamic warm-up and stretching
- ★ Target work, footwork and partner exercises
- ★ Games and free fencing

### Private & Semi Private lessons

*The next step is accelerated technical and tactical skill training.*

- ★ Individualized technical and tactical feedback
- ★ For Intermediate & Competitive Members only
- ★ Scheduled with a personal coach

### FUNDamentals

**Level: Beginner (no fencing experience)**

- ★ 1h intro fencing lesson
- ★ 1h Group Class per week

#### What do I need?

- Athletic shoes, track pants and a t-shirt. A beginner set is provided
- Club's membership fee, \$20

### Learn to Train

#### Level: Yellow Armband

- ★ 1 Group Class per week
- ★ Participation in the DFC events

#### What do I need?

- Beginner fencing set (a glove, mask, under-jacket and jacket)
- Club's membership (\$20)

### Train to Train

#### Level: Orange Armband level

- ★ 1 - 2 Group Class per week
- ★ 1 Private or Semi-Private Lessons per week
- ★ Participation in all DFC events and 2 or more beginner tournaments in ON

#### What do I need?

- As above + Starter Set of Electric Equipment
- OFA membership (\$42.50)

### Train to Compete

#### Level: Green & Blue Armband Level

Nationally and Internationally competitive fencers

- ★ 2 to 4 competitive training sessions per week
- ★ 2 - 3 Private Lessons per week
- ★ Strength and conditioning
- ★ Participation in Canadian, American, and International competitions

#### What do I need?

- Full set of electric gear, multiple weapons
- CFF membership (\$80.00)

### Train to Win

#### Level: Blue & Red Armband Level

High Performance athletes & National Team Members

- ★ 20-30h of training, 2 - 4 Private Lessons per week
- ★ A year round training with the National team
- ★ Participation in FIE competitions

#### What do I need?

- All the above, plus FIE fencing gear
- FIE license

### Active for Life

**Level:** Anyone who would like to continue fencing for fun at the club!

- ★ 1 to 2 Group Classes per week
- ★ Optional participation in the tournaments

#### What do I need?

- Athletic shoes, track pants and a t-shirt and a beginner set

### Developmental Foil Circuit

<http://www.myfencing.ca/youth-circuit/>

The ODFC is a great first step for beginner and intermediate fencers wishing to participate in local fencing tournaments.

Visit the ODFC website to find:

- ★ Tournament dates
- ★ Registration sheets

### Armband Program

<http://www.myfencing.ca/armband-program/>

The CFF Armband Program allows fencers to track their progress through the different aspects of the sport.

- ★ Requirements for each Armband Level
- ★ Test dates

### Useful Links

[www.fencingontario.ca](http://www.fencingontario.ca)

[www.fencing.ca](http://www.fencing.ca)

[www.fencing.net](http://www.fencing.net)

**My Fencing Club**

[www.myfencing.ca](http://www.myfencing.ca)

674.720.0202

729 St. Clair Ave. W. 95 Lavinia Ave.

65 Glen Manor Rd.