



Wesley Fencing at Lancaster Hall (Lancaster Fencing Club) 2019 Session times and Fees

Term Dates: Term 1: 27 February – 10 April (7 weeks)
Term 2: 1 May – 3 July (10 weeks)
Term 3: 24 July – 25 September (10 weeks)
Term 4: 16 October – 13 November (5 weeks)

Sessions: Wednesdays, **6.45 – 9.00 pm** at Lancaster Hall, Wesley Uniting Church Complex, Corner National Circuit and Fitzroy Street, Forrest. Training in all weapons (foil, epee and sabre)

- Warm-up and footwork (7.00 – 7.30)
- Drills and individual lessons (7.30 – 8.00)
- 5-hit bouts (8.00 – 8.30/9.00); 15 hit bouts (8.30 – 9.00)

Insurance:

Insurance for our program and fencers is provided through the ACTFA Inc and AFF Ltd policy. Each fencer must affiliate individually prior to start of fencing using the form:

http://www.actfa.org.au/home/index.php?option=com_content&view=article&id=1226&Itemid=459

Session Fees

- \$300 per year for continuing fencers
- Beginner classes – \$75 for 5 week course (see separate flier)
- Come and try with individual tuition and personal coach: \$20 per person per hour

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| (a) Bank Transfer to Account Name: Wesley Fencing at Lancaster Hall BSB: 062 900
Account Number: 1060 4316 Ref: RN-{Your Name} |
| (b) Cheque to <i>Wesley Fencing at Lancaster Hall</i> |
| (c) Cash (payable at fencing) |

Equipment and tournaments:

Our fencing program covers competitive and social fencing. Competitive fencers receive specialist tuition, need FIE standard gear (800/1600 Newtons) and are encouraged to enter local and national tournaments (for more details see www.actfa.org.au/). Social or recreational fencers need club level equipment (350 Newtons), attend club sessions and join in friendly club level tournaments.

For more information, please contact Head Coach and Program Director:

Dr Anna Robinson – anna.robinson@bigpond.com Mobile: 0409 773 747