

# A fun introduction to fencing

Sundays 14 June – 12 July 2015, 3-4pm

55 Crofts Crescent, Spence ACT

(Canberra Dance Development Centre)

## Looking for a new pastime to keep you active in both mind and body?

Canberra School of Fencing is starting introductory classes for adult beginners.

What's next? With your new skills you can:

- Join the growing ACT Fencing community – serious or social
- Compete as a novice locally and regionally
- Improve your fitness
- Have fun!

Cost is \$150 and includes:

1. 5x weekly lessons from Level One Coach Thompson Quan Wing – with over 20 years experience
2. 3 month membership to ACTFA (ACT Fencing Association) which covers insurance
3. Equipment hire for the duration – participants will be kitted out during the first session – so please turn up early ~2:30pm.

**Registration Deadline 7 June 2015** – strictly limited to 20 places



**Canberra School of Fencing**

Coach Thompson Quan Wing | Contact Michael Phipps:

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[www.actfa.org.au](http://www.actfa.org.au)

