

Beginner Level Fencing Course 5-weeks - Term 1, 2018

SESSIONS: Wednesdays 7.00 - 8.30 pm for five weeks March 7 - April 4

LOCATION: Lancaster Hall, Wesley Uniting Church, Corner National Circuit and Fitzroy Street, Forrest.

COST: \$75 for the 5-week course payable by direct deposit or bank transfer (or pay at first session):

Account name: Wesley Fencing at Lancaster Hall BSB: 062 900 Account: 1060 4316 Ref: RN-{Your Name}

+ **\$50** beginner registration (to cover insurance). Please register online prior to the first session (payment by credit card) at <u>2018 Online Membership Form</u>

- Participants must be a minimum of 13 years of age
- Under 13's are welcome provided a parent also takes the course
- Wear long track pants, long-sleeved sweatshirt and trainers/sneakers
- Bring a glove to protect your fencing hand (left/right handed)
- All specialised fencing equipment (foil, mask and plastron) is provided
- Sessions presented by experienced, accredited coaches in a friendly club environment. The coach for this course will be John Milthorpe.

To register your interest and for more details please contact **Garry Webster**, Program Manager, Lancaster Fencing Club Email: <u>lancaster.delegate@actfa.org.au</u> Mobile: **0418 464 401**