



Wesley Fencing at Lancaster Hall (aka 'Lancaster Fencing') 2023 Session Times and Fees

Term Dates: Term 1: 1 March – 5 April (6 weeks)
Term 2: 26 April – 28 June (10 weeks)
Term 3: 19 July – 20 September (10 weeks)
Term 4: 11 October – 8 November (5 weeks)

Sessions: Wednesdays, **7.15 – 9.15 pm** at Lancaster Hall, Wesley Uniting Church Complex, Corner National Circuit and Fitzroy Street, Forrester. Training in all weapons (foil, epee and sabre)

- Warm-up and footwork (7.15 -8.00)
- Drills and individual lessons (8.00 – 8.30)
- 5-hit bouts (8.30 – 9.15). 15 hit bouts by arrangement.

Session Fees – Half yearly

- \$100 to June 30 for continuing **fully equipped** fencers
- \$125 to June 30 for fencers **using Lancaster equipment**
- \$20 per person per hour for “Come and try” sessions with individual tuition

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

Insurance and other policies:

- Insurance for social/recreational (non-competing) fencers is included in Session Fees.
- Fencers competing in State and National competitions must affiliate with the Australian Fencing Federation Ltd (AFF) through the ACT Fencing Association Inc (ACTFA) prior to the first competition. Affiliation can be completed using the form: <https://www.actfa.org.au/home/index.php/actfa-forms/2017-actfa-online-membership-form-3>
- As COVID is still active in our community, we will continue taking precautions. No shaking hands after bouts and fencers should NOT share equipment except for items which can be wiped between use.

Equipment and tournaments:

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

For more information, please contact Principal Coach/Head of Program Dr Anna Robinson – anna.robinson@bigpond.com Mobile: 0409 773 747
