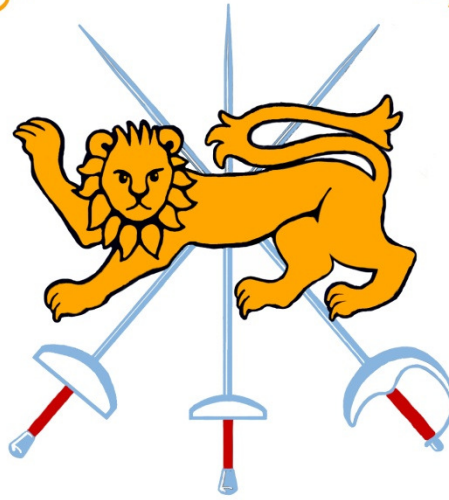


SURREY SWORDS



Learn to fence

Adult and junior beginners courses

WEDNESDAY EVENINGS

Junior classes, 10 to 15 years old starting

8 September 2010; 6 - 7pm

Adult classes

15 September 2010; 8 –9pm

HALL B

SURREY SPORTS PARK

RICHARD MEYJES ROAD

GUILDFORD, GU2 7AD

For full details visit:

www.surreyswords.co.uk

Junior beginners course, 5 weeks

Cost £35

Surrey Swords Fencing Club will supply all equipment for the course.

The course will be fully supervised and be a foundation for full club membership. After completion of the course children will progress to a beginners class where they will learn the fundamentals of fencing. After a period of time in this class students will progress to a more competitive group, which will be focussed on competition fencing.

Adult beginners course, 10 weeks

Cost £95 (includes cost of sword)

Surrey Swords Fencing Club will supply all equipment for the course.

The course will be fully supervised and be a foundation for full club membership. On completion of the course the student should be able to fence electric foil safely in the club and become a full adult member. Further progress will be by continuation courses and individual lessons, which form part of club membership.

Further course dates to be confirmed:

Intermediate fencing: for people who have completed the beginner's course or are returning to fencing after a lay-off. This course will focus on fencing electric foil.

Introduction to Epee: for fencers who have completed the beginner's course or returning after a lay-off

Introduction to Sabre: for fencers who have completed the beginner's course or returning after a lay-off

When attending courses, children and adults, will need to arrive dressed for normal sports activity. Comprising of; tracksuit bottoms/leggings, T-shirt and non-marking (indoor or court) trainers, all other equipment required for the course will be supplied by Surrey Swords Fencing Club. Don't forget to bring some water, fencing is an active sport and is it easy to dehydrate.