

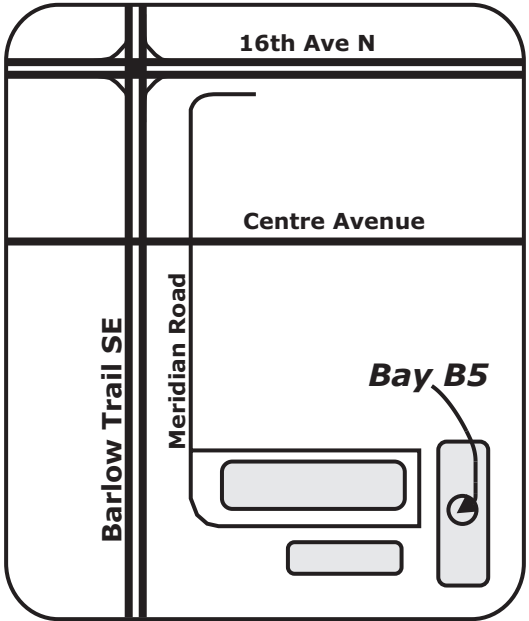
Contact Information

255-4406

Bay B5
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www.epicfencing.net

Location



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30pm Beginner	5:30pm Beginner	6:00pm Beginner	5:30pm Beginner		
6:30pm Epee	6:30pm Transitional Foil	7:00pm Epee	6:30pm Sabre	6:30pm Open Training	10:00am Beginner (7 week session)
8:00pm Open Training	8:00pm Advanced Foil	8:30pm Open Training	7:30pm Advanced Foil	8:00pm	11:30am
9:30pm	9:30pm	10:00pm	9:00pm		
10:00pm					

SESSIONS:

Fall Session: September to December
Winter session: January to May
Summer session: June to August,

Effective 1st September 2005

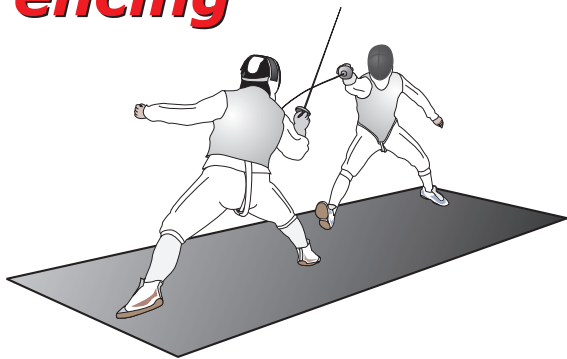


Calgary's Premier Fencing Club

A fun and exciting sport for all ages

www.epicfencing.net

Fencing



Fencing has evolved over many centuries from a method of warfare to a civilized sport. The sport was introduced into modern day Olympics in 1896 and has been going strong ever since.

Fencing is an exciting and energetic sport that challenges both your physical and mental capabilities. It is also a great workout, developing stamina, strength and co-ordination.

The sport is divided into three weapon classes:

Foil



The foil is the lightest of the three weapons. Fencers score only with the tip of the weapon and the target area limited to the torso.

Epee



The epee is fashioned after the dueling sword. Like the foil, only the tip can be used to score, but the target area is the whole body.

Sabre



In sabre, the target area is the whole upper body and both the tip and edge of the blade can be used to score. The sabre is derived from the cavalry sword

Epic Fencing Club

was founded in 1982 to promote recreational and competitive fencing in Calgary.

The Club provides beginner to advanced lessons for both children and adults in all three fencing weapons (epee, foil, and sabre).

Our head coach, Leslie Palmai, is N.C.C.P. certified and has a proven track record of training high-level fencers. Over the years, several members of our club have been selected for Canada's national team and in 2004 one was on the women's epee Olympic team.

Our custom-built training facility provides a safe environment for members to develop their skills.

Beginner Classes

Beginner Classes	Fall (Sept-Dec)	Winter (Jan-May)
Once a week	\$265	\$340
Twice a week	\$330	\$435
Saturdays*	\$210	\$210

*Saturday classes are 7 weeks long for 1.5 per week

Our comprehensive beginner classes cover the essential footwork and bladework of the foil. Classes are available five times a week. See reverse side for the class schedule.

Classes Include:

- Fencing Glove (\$30 value)
- Annual AFA Membership Fee (\$5 value)
- Use of club equipment
- Access to open training times

Monthly payments are accepted, and class fees for members joining mid-session will be pro-rated.

Advanced Classes

Advanced Classes	Fall (Sept-Dec)	Winter (Jan-May)
1 hour	\$250	\$330
1.5 hours	\$305	\$360
3 hours	\$400	\$460

Advanced classes are available in all three weapons. See reverse for of class schedule.

Notes:

- Fees do not include AFA Membership
- Equipment rental is extra
- body wire and glove are required purchases

Class placement is dependant on an evaluation by the head coach. Fencers are encouraged to enter competitions once their skills have developed.

Open Training

Open training is available to all members participating in classes at no additional cost. This time provides an opportunity for fencers of different levels to interact and train with one and another.

Open training without class participation is available for the following fees:

- \$90 - Fall Session
- \$120 - Winter Session
- \$100 - Summer Session

Discounts

Discounts are available for siblings and parents, as well as early registrations. Credit is also given for any referrals. Ask for details.