

BLUEGRASS FENCERS' CLUB

6-week Adult Beginner Course

Spring 2024

Fencing sharpens mind and body – it is a sport you can enjoy at all ages and experience levels. It is a sport you can pursue recreationally or competitively in open, novice and age-specific categories.

This 6-week Adult Beginner Class is for those who have never fenced before, or who are returning after an extended hiatus. The class teaches the basics of Olympic sport fencing in a fun, healthy environment. This program is all about having a great time, staying active, and discovering a unique and exciting sport.

Adult Beginner fencers will develop fundamental footwork skills; the bladework necessary for simple offense, defense and counter-offense; and rules, scoring and bout tactics using electronic scoring equipment. The Adult Beginner Fencing class is co-ed, and is targeted for singles and couples 21 and over. Class participants will only need to bring a leather glove. All other equipment is provided.

6-week class starting March 23

Class meets Saturdays 10 AM – 11:15AM

The course fee is \$150. (plus tax)

Instructor: Frank Thomiszer, former USA top-ranked Veteran and A-rated foilist with numerous awards spanning a competitive career more than 45 years.

For more information

Call or text Frank at 859-913-7233 or email frankt@mindspring.com