

# **KINGSTON FENCING CLUB**

## **FALL/WINTER FENCING SCHEDULE 2009/10**

### **Monday night (Classes start September 14<sup>th</sup>)**

#### **Epee/foil**

2.30-4.30 pm (Comp teen E/F/S) Classes start September 8<sup>th</sup>)

5-6 pm (7-10 yrs) Foil

6-7.30 pm (11-13 yrs) Foil/Epee

7.30-9.30 (14 yrs - Adult) Foil/Epee

### **Tuesday night (Classes start September 15<sup>th</sup>)**

#### **Sabre**

2.30-4.30 pm ((Comp teen E/F/S)

5-6 pm (7-10 yrs) Sabre

6-7.30 pm (11-13 yrs) Sabre

7.30-9.30 (14 yrs - Adult) Sabre

### **Wednesday night (Classes start September 16<sup>th</sup>)**

#### **Foil/epee**

4 - 5 pm Boys and Girls Club

5-6 pm (7-10 yrs) Foil/Epee

6-7.30 pm (11-13 yrs) Sabre

7.30-9.30 (14 yrs - Adult) Foil/Epee

### **Thursday night (Classes start September 17<sup>th</sup>)**

#### **Epee/foil/sabre**

2.30-4.30 pm ((Comp teen E/F/S)

5-6 pm (7-10 yrs) Sabre

6-7.30 pm (11-13 yrs) Foil/epee

7.30-9.30 (14 yrs - Adult) Adult Novice Foil

### **Friday night (Kingston/Lansdowne) (Classes start September 18<sup>th</sup>)**

#### **Foil/Sabre**

2.30-4.00 pm ((Comp teen E/F/S) (Kingston)

4.00-5.00 pm (Adult lessons) (Kingston)

6.00-7.00 pm (8-13 yrs) Foil (Lansdowne)

7.30-9.30 (14 yrs - Adult) Foil/Sabre (Lansdowne)

### **Saturday (Classes start September 19<sup>th</sup>)**

#### **Epee/foil/sabre**

9.00 - 12.00 pm Open Training (Comp Fencers E/F/S)

1.00 - 3.00 pm Family Fencing (Foil/Epee)

**Individual lessons slots as per request**

**For more information contact Henk Pardoel (Head Coach) 613.547.5580 [Henk.Pardoel@sympatico.ca](mailto:Henk.Pardoel@sympatico.ca)**