

# Dynamo Fencing Club

“From Beginners to Olympians”

2231 Vauxhall Place, Richmond, BC, V6V 1Z5

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**Canada's Premier Fencing Club**

- Award Winning Coaches
- World Class High Performance Programs
- Inspiring Goal - Setting Youth Programs
- Great Beginner and Advanced Adult Programs
- Develop Self - Discipline and Confidence
- Strengthen Mind and Body
- Building Life Time Friendships

## Program Schedule Effective: September 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Youth Musketeers 4:30 - 5:10 pm	Intro Kids 5:00 to 6:00 pm	Youth Musketeers 5:05 - 6:00 pm	Intro Kids 5:05 to 6:00 pm	Intermediate / Open Fencing 5:30 to 7:00 pm	Youth Musketeers 10:00 to 10:50 am
Intro Kids 5:10 to 6:00 pm	Intermediate (Foil, Epee, Sabre) 6:00 - 7:15 pm	Intro Kids 5:05 to 6:00 pm	Intermediate (Foil, Epee, Sabre) 6:00 - 7:15 pm	Open Fencing 5:30 to 9:00 pm	Intro Kids 10:00 - 10:50 am
Intermediate (Foil, Epee, Sabre) 6:00 - 7:15 pm	H.P. Footwork 8:15 - 9:00 pm	Intermediate (Foil, Epee, Sabre) 6:00 - 7:15 pm	Gantsevich Elite H.P. (Invite Only) 7:15 to 8:30 pm	Friday will have a competitive theme. Drop in poules and competitions will be done weekly.	Introductory Adults 10:00 - 10:50 am
Introductory Adults 8:00 - 8:50 pm	Gantsevich Elite H.P. (Invite Only) 7:15 to 8:15 pm	H.P. Partner Exercise 7:15 - 8:00 pm	Introductory Adults 8:00 - 8:50 pm	Private Lessons Please contact your coach to arrange private lessons at your desired time during the week	Intermediate (Foil, Epee, Sabre) 11:00 - 12:15 pm
Women's Epee 7:00 to 8:30	Open Fencing 7:30 - 9:30 pm	Open Fencing 7:30 - 9:30 pm	Open Fencing 7:30 to 9:30 pm		H.P. Footwork / Partner Exercise 12:15 - 1:00 pm
Open Fencing 7:30 - 9:30 pm					
Intro / Intermediate Member	Sunday: High Performance by Invite Only; Private and Group Bookings				Leadership Class (Invite Only) 1:00 - 1:45 pm
Open Fencing Member	<b>Class Ages</b> <ul style="list-style-type: none"> <li>• Youth Musketeers: Ages 4 to 7</li> <li>• Intro Kids: Ages 8 to 12</li> <li>• Intro Adults: Ages 13 +</li> </ul>				
High Performance Member					