



2025 - 26 Group Lessons and Open Fencing Schedule, effective May 15

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 - 7:40 Sabre/Foil & Youth Epee Open Fencing*	4:00 - 5:00	4:00 - 7:30	4:00 - 5:00	4:20 - 5:00 Coordination, Speed and Agility	9:00 -10:40
4:20-5:00 Coordination, Speed and Agility	5:00 - 6:40 Competitive Youth EPEE FW & Situational Fencing	Open Fencing*	Youth EPEE Open Fencing (Members only)	Speed and Agility	Y10/Y12-14 EPEE
5:00 - 6:20	5:00 - 6:40	5:00 - 6:40	5:00 - 6:20	5:00 - 6:40 Competitive Youth EPEE	10:40- 12:20
Little Musketeers Class 7-9 y.o.	Competitive Youth EPEE FW & Situational Fencing	Youth/Teen Beg/Int EPEE FW & Situational Fencing	Little Musketeers Class 7-9 y.o.	Competitive Youth EPEE FW & Competitive Fencing	Intermediate/Advanced Sabre
Strength Training w. George 6:20-7:20	5:40 - 6:40 Strength/Recovery w. Natalia	5-6:40 Intermediate FOIL	6:00 - 6:30 Tech./Tact.FW w. Jon	6:00 -7:00 SABRE Footwork	10:40 - 11:40 All Weapon Footwork
6:40 - 7:40 Y14/Cadet/Junior All-Weapon Advanced Footwork	6:40 - 7:40 All-Weapon Advanced Footwork	6:40 - 7:40 All Weapon Advanced Footwork	6:40 - 7:40 Y14/Cadet/JR All Weapon Footwork	6:40 - 8:20 Intermediate/Advance Teen EPEE	6:00 - 8:00 Int/Adv FOIL
7:30 - 10:00 EPEE Open Fencing*	7:40 - 9:00 Y-14/Cadet/JR EPEE Beginner Competitive Fencing	7:40 - 9:00 Div 1(A,B,C) Div 3 EPEE Situational Fencing	7:30 - 10:00 EPEE Open Fencing*	8:00 - 10:00 EPEE, FOIL & SABRE Post-Class Open Boutings	11:40 -1:20 Div 1 EPEE Situational Fencing
*Non-members must be HS age or over	7:00 - 8:40 Int/Adv Sabre	7:30 - 9:10 Advanced FOIL	*Non-members must be HS age or over	*Non-members must be HS aged or over	11:40 -1:20 Intermediate Epee Situational Fencing
	Epee, FOIL & SABRE Post-Class Boutings Medeo members only- Open Boutings	Post-Class Open Boutings Medeo members only Open Boutings			1:00-2:20 Beginner SABRE
					Open Boutings All Day 10AM - 4PM when respective classes aren't in session *Non-members must be HS age or over
<b>*OPEN FENCING NIGHTS REGULATIONS:</b>					
1. Open fencing is FREE only for our primary Medeo members. 2. We welcome guest fencers, non-members coming for open boutings at certain days/hours listed above. Fees apply. Must be HS age or over. 3. All fencers must be members of USA Fencing.					
4. Proper attire (according to USA Fencing rules) is mandatory! This includes fencing pants (knickers) and knee socks! 5. All non-members MUST check in at the desk and pay BEFORE open fencing.					

Your official age group, for class purposes, is the lowest age group you are eligible to fence. For competitive purposes that age group is your main focus.

BEGINNER-INTERMEDIATE CLASSES (Beginner Classes begin Labor Day Week- late starters are subject to private instruction before starting grps)					
EPEE:	Wednesday 5:00 - 6:40 Beginner-Int	FOIL:	Tuesday 5:30 - 7:10	SABRE:	Saturday 1:00 - 2:20
	Saturday 9:10-40 AM Beginner-Int				
<b>2025-26 Age Groups*:</b> Cadet (through JO's) = Born 2009-2012 Junior (through JO's) = Born 2006-2012 *After JO's: Jr = Born 2007-2012 / Cdt 2010-2013 Vet Combined = Born 1986 or earlier			<b>Competition Categories by Division:</b> Div 1: Fencers born 2012 or earlier that are rated A, B or C Div 2: Fencers born 2012 or earlier that are rated C, D, E or U (Unrated) Div 3: Fencers born 2012 or earlier that are rated D, E or U (Unrated) *For all exceptions to age and division eligibility criteria please consult the Athlete's Handbook at <a href="http://USAFencing.org">USAFencing.org</a>		