



2024 - 25 Group Lessons and Open Fencing Schedule, effective March 3rd

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|--|
| 4:00 - 6:00 Veterans Sabre Open Fencing | 4:00 - 5 PM | 4:00 - 6:30 Veterans | 4:00 - 5 PM | 4:20-5:00 Coordination, Speed and Agility | 9:00 -10:40 Div 3 EPEE 9:00 -10:40 Y10/Y12 EPEE |
| 4:20-5:00 Coordination, Speed and Agility | Youth EPEE Open Fencing (Members only) | Sabre Open Fencing | Youth EPEE Open Fencing (Members only) | 5:00 - 6:40 Youth/Teen Sabre | Footwork & Competitive Fencing |
| 5:00 - 6:20 Little Musketeers Class 7-9 y.o. | 5:00 - 6:40 Y10/Y12 EPEE Footwork & Competitive Fencing | 5:00 - 6:40 Youth/Teen EPEE | 5:00 - 6:20 Little Musketeers Class 7-9 y.o. | 5:00 - 6:40 Y10/Y12 EPEE Footwork & Competitive Fencing | 10:30 - 12:10 Youth/Teen Sabre |
| 6:40 - 8:00 Y14/Cadet/Junior All Weapon Footwork | 6:40 - 8:20 Youth/Teen Sabre | 5:00 - 6:40 Interm. FOIL | 6:40 - 8:00 Y14/Cadet/JR All Weapon Footwork | 6:40 - 9:00 Y-14/Cadet/JR EPEE Footwork & Competitive Fencing | 12:00 -1:20 Beginners Sabre |
| 7:30 - 10:00 EPEE & FOIL Open Fencing* | 6:00 - 7:00 Body Strength Development 6:40 - 9:00 Y-14/Cadet/JR EPEE Footwork & Competitive Fencing | 6:40 - 9:00 Div 1 (A,B,C) Div 3 EPEE Footwork & Competitive Fencing | 7:30 - 9:10 Advanced FOIL | 6:00 - 8:00 Advanced FOIL | 10:40 - 12:00 Div 1, 2 & 3 EPEE Footwork |
| *Non-members must be HS age or over | 7:30 - 10:00 EPEE, FOIL & SABRE Open Fencing* Medeo members only | 8:00-10:00 FOIL & SABRE Open Fencing* Medeo members only | 7:30 - 10:00 EPEE Open Fencing* *Non-members must be HS aged or over | 8:00 - 10:00 EPEE, FOIL & SABRE Open Fencing* Medeo members only | 12:00 -1:20 Div 1 EPEE Situational Fencing 12:00 - 1:40 Youth/Teen EPEE Footwork & Fencing 12:30 - 1:30 Body Strength Development |
| *OPEN FENCING NIGHTS REGULATIONS: 1. Open fencing is free for our primary Medeo members. 2. We welcome guest fencers, non-members coming for open bouting 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! | | | | | |

****All Y12 fencers must be primary MEDEO members and have personal coach's approval in order to attend Y-14, Cadets EPEE groups on MONDAYS and THURSDAYS**
 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 12:00 - 1:40 Beginner-Int | | | | Wednesday 5:00 - 6:40 |

| 2024-25 Age Groups*: | | Competition Categories by Division: | |
|----------------------|--|--|--|
| Y10 = Born 2014-2017 | Cadet (through JO's) = Born 2008-2011 | Div 1: Fencers born 2011 or earlier that are rated A, B or C | |
| Y12 = Born 2012-2015 | Junior (through JO's) = Born 2005-2011 | Div 2: Fencers born 2011 or earlier that are rated C, D, E or U (Unrated) | |
| Y14 = Born 2010-2013 | Junior (after JO's) = Born 2006 - 2012 | Div 3: Fencers born 2011 or earlier that are rated D, E or U (Unrated) | |
| | Vet Combined = Born 1985 or earlier | *For all exceptions to age and division eligibility criteria please consult the Athlete's Handbook at USAFencing.org | |