



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	5:00 - 6:40 Y10/Y12 EPEE	5:00 - 6:40 Youth/Teen Sabre	5:00 - 6:20	5:00 - 6:40	10:30 - 12:10 Youth/Teen Sabre
Little Musketeers Class (**Y12)Y14, Cadets EPEE	Footwork & Competitive Fencing	Youth/Teen EPEE	Little Musketeers Class (**Y12)Y14, Cadets EPEE	Y-10,Y-12 EPEE	12:00 -1:20 Beginners Sabre
7-9 y.o.	6:40 - 8:20 Youth/Teen Sabre	5:00 - 6:40 Intern. FOIL	7-9 y.o.	Footwork & Competitive Fencing	10:40 - 12:00 Div 1, 2 & 3 EPEE Footwork
6:00 - 6:30 Technical/Tactical FW	6:00 - 7:00 Body Strength Development	6:40 - 9:00	6:00 - 6:30 Technical/Tactical FW	6:40 - 9:00	12:00 -1:20 Div 1 EPEE Situational Fencing
6:40 - 8:00	6:40 - 9:00	Div 1 (A,B,C)	6:40 - 8:00	Y-14/Cadet/JR EPEE	12:00 - 1:40 Youth/Teen EPEE
Y14/Cadet/Junior	Y-14/Cadet/JR EPEE	Div 3 EPEE	Y14/Cadet/JR	FW & Competitive Fencing	Footwork & Fencing
All Weapon Footwork	FW & Competitive Fencing	FW & Competitive Fencing	All Weapon Footwork	Advanced FOIL	12:30 - 1:30 Body Strength Development
6:00 - 7:30 FOIL ; 7:30 - 10:00 EPEE	7:30 - 10:00 EPEE, FOIL & SABRE		7:30 - 10:00 EPEE	8:00 - 10:00 EPEE, FOIL & SABRE	11:00 AM - 2:00 PM Youth, Veterans
Open Fencing*	Open Fencing*		Open Fencing*	Open Fencing*	EPEE Open Fencing
*Non-members must be HS age or over	Medeo members only		*Non-members must be HS aged or over	Medeo members only	*Non-members must be HS aged or over
*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 - 2:40 Beginner-Int				Wednesday 5:00 - 6:40
2024-25 Age Groups*:			Competition Categories by Division:		
Y10 = Born 2014–2017			Div 1: Fencers born 2011 or earlier that are rated A, B or C		
Y12 = Born 2012–2015			Div 2: Fencers born 2011 or earlier that are rated C, D, E or U (Unrated)		
Y14 = Born 2010–2013			Div 3: Fencers born 2011 or earlier that are rated D, E or U (Unrated)		
Cadet (through JO's) = Born 2008–2011			*For all exceptions to age and division eligibility criteria please consult the Athlete's Handbook at USAFencing.org		
Junior (through JO's) = Born 2005–2011					
Junior (after JO's) = Born 2006 - 2012					
Vet Combined = Born 1985 or earlier					