



2025 - 26 Group Lessons and Open Fencing Schedule, effective September 1st

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
4:00 - 7:40 Sabre/Foil & Youth Epee Open Fencing*		4:00 - 5 PM		4:00 - 7:30		4:00 - 5 PM		4:20-5:00 Coordination, Speed and Agility		9:00-10:40 Begin/Int Epee 9-10:40 Y10/Y12-14 EPEE	
4:20-5:00 Coordination, Speed and Agility		Youth EPEE Open Fencing (Members only)		Open Fencing*		Youth EPEE Open Fencing (Members only)					
5:00 - 6:20	5:00 - 6:40	5:00-6:40 Competitive Youth EPEE FW & Situational Fencing		5:00 - 6:40	5-6:40 Competitive Youth EPEE FW & Situational Fencing	5:00 - 6:20	5:00 - 6:40	5:00 - 6:40 Competitive Youth EPEE FW & Situational Fencing		10:40-12:20	
Little Musketeers Class	Competitive Youth EPEE	6:40 - 7:40 All-Weapon Advanced Footwork		Youth/Teen Beg/Int EPEE	5-6:40 Intermediate FOIL	Little Musketeers Class	Competitive Youth EPEE	6-7 SABRE Footwork		Intermediate/Advanced Sabre	
7-9 y.o.	FW & Situational Fencing	7:40 - 9:00		5-6:40 Intermediate FOIL		7-9 y.o.	FW & Competitive Fencing	6:40 - 7:40 All-Weapon Adv Footwork		10:40 - 11:40 All Weapon Footwork	
Strength Training w. George 6:20-7:20		5:30 - 7:10		6:40 - 7:40 All Weapon Advanced Footwork		6:00 - 6:30 Tech/Tact.FW w. Jon		6:40 - 7:40 All-Weapon Adv Footwork		11:40 -1:20 Div 1 EPEE Situational Fencing	
6:40 - 7:40		Beginner		7:40 - 9:00		6:40 - 7:40		6:40 - 9:00		11:40-1:20 Div 2/3 Epee Situational Fencing	
Y14/Cadet/Junior		FOIL		Div 1(A,B,C) Div 3 EPEE		Y14/Cadet/JR		Int/Adv Teen EPEE		Int/Adv	
All-Weapon Advanced Footwork		7:00 - 8:40 Int/Adv Sabre		Situational Fencing		All Weapon Footwork		Situational Fencing		1:30-2:30 Strength/Recovery w. Natalia	
7:30 - 10:00 EPEE				7:30 - 9:10 Advanced				6:00 - 8:00		1:00-2:20 Beginner SABRE	
Open Fencing*				FOIL				Int/Adv Teen EPEE		Open Boutng All Day 10-4 when	
*Non-members must be HS age or over		Epee, FOIL & SABRE Post-Class Boutng		Post-Class Open Boutng		7:30 - 10:00 EPEE		8:00 - 10:00 EPEE, FOIL & SABRE		respective classes aren't in session	
		Medeo members only- Open Boutng		Medeo members only Open Boutng		Open Fencing*		Post-Class Open Boutng		*Non-members must be HS age or over	
						*Non-members must be HS age or over		*Non-members must be HS aged or over			
*OPEN FENCING NIGHTS REGULATIONS:											
1. Open fencing is FREE only for our primary Medeo members. 2. We welcome guest fencers, non-members coming for open boutng 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 1-2:20
	Saturday 9-10:40 AM Beginner-Int						
2025-26 Age Groups*:				Competition Categories by Division:			
Y10 = Born 2015–2018				Div 1: Fencers born 2012 or earlier that are rated A, B or C			
Y12 = Born 2013–2016				Div 2: Fencers born 2012 or earlier that are rated C, D, E or U (Unrated)			
Y14 = Born 2011–2014				Div 3: Fencers born 2012 or earlier that are rated D, E or U (Unrated)			
Y8a 2013-2019				*For all exceptions to age and division eligibility criteria please consult the Athlete's Handbook at USAFencing.org			
Cadet (through JO's) = Born 2009–2012							
Junior (through JO's) = Born 2006–2012							
*After JO's: Jr = Born 2007-2013 / Cdt 2010-2013							
Vet Combined = Born 1986 or earlier							