



2023 - 24 Group Lessons and Open Fencing Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 - 5:00 Youth Epee Open Fencing	4:00 - 5:30 Youth Foil and Epee Open Fencing	4:00 - 6:30 Veterans Sabre Open Fencing	4:00 - 5:00 Youth Epee Open Fencing	4:00 - 5:00 Youth Epee Open Fencing	9:00 -10:30 Div 2 & 3 Epee Situational Fencing
5:00 - 6:00 Little Musketeers Class 7-9 y.o.	5:00 - 6:30 Y10/Y12 Epee FW & Competitive Fencing	5:00 - 6:30 Youth/Teen Epee FW & Competitive Fencing	5:00 - 6:00 Little Musketeers Class 7-9 y.o.	5:00 - 6:30 (*Y12) 14, Cadets Epee FW & Competitive Fencing	5:00 - 6:30 Y-10, Y-12 Epee FW & Competitive Fencing
5:40 - 6:40 Y-14/Cadet/JR Physical conditioning, mental toughness, and fortitude training	6:40 - 8:40 Y-14/Cadet/JR Epee FW & Competitive Fencing	6:40 - 8:40 Division 1 Epee Situat. Fencing	5:40 - 6:40 Y-14/Cadet/JR Physical conditioning, mental toughness, and fortitude training	6:40 - 8:40 Y-14/Cadet/JR FW & Competitive Fencing	10:30 - 11:30 Div 1, 2 & 3 FOOTWORK
6:40 - 7:40 Y-14/Cadet/JR All Weapon Footwork	7:00 - 10:00 FOIL 8:00 - 10:00 Epee Open Fencing (Members fence free)	8:00 - 10:00 Epee 9:00 - 10:00 FOIL Open Fencing (Members fence free)	6:40 - 7:40 Y-14/Cadet/JR All Weapon Footwork	6:00 - 8:00 Advanced FOIL	11:30 - 12:30 Division 1 Situational Fencing
7:30 - 10:00 Epee / FOIL Open Fencing (Members fence free)			7:30 - 10:00 Epee Open Fencing (Members fence free)	8:00 - 10:00 FOIL 8:00 - 10:00 Epee Open Fencing (Members fence free)	12:30 - 2:00 PM Youth/Teen Epee FW & Competitive Fencing
OPEN FENCING NIGHTS REGULATIONS:					
1. Open fencing is free for our members. 2. All fencers must be members of the USFA. 3. Fencers have strip priority during open fencing. 4. Proper attire (according to USA Fencing rules) is mandatory! This includes fencing pants (knickers) and knee socks!					

***All Y12 fencers must 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:			
EPEE	Wednesday 5:00 - 6:30	Beginner-Int	FOIL
	Saturday 12:30 - 2:00	Beginner-Int	
	Tuesday	5:30 - 7:00	

2023-24 Age Groups:	Competition Categories by Division:
Y10= Born 2013–2016 Y12= Born 2011–2014 Y14 = Born 2009–2012	Div 1: Fencers born 2010 or earlier that are rated A, B or C Div 2: Fencers born 2010 or earlier that are rated C, D, E or U (Unrated) Div 3: Fencers born 2010 or earlier that are rated D, E or U (Unrated)
Cadet (through JO's)= Born 2007–2010 Junior (through JO's) = Born 2004–2010 Junior (after JO's) = Born 2005 - 2010 Vet Combined = Born 1984 or earlier	For all exceptions to age and division eligibility criteria please consult the Athlete's Handbook at USAFencing.org