



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		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	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	Little Musketeers Class 7-9 y.o.	FW & Situational Fencing	Intermediate/Advanced Sabre
Strength Training w. George 6:20-7:20	6:40 - 7:40 All-Weapon Advanced Footwork	5-6:40 Intermediate FOIL	Competitive Youth EPEE FW & Competitive Fencing	6-7 SABRE Footwork	10:40 - 11:40 All Weapon Footwork
6:40 - 7:40	7:40 - 9:00	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
Y14/Cadet/Junior	Y-14/Cadet/JR EPEE	7:40 - 9:00	6:40 - 7:40	7:40 - 9:00	11:40-1:20 Div 2/3 Epee Situational Fencing
All-Weapon Advanced Footwork	Competitive Fencing	Div 1(A,B,C) Div 3 EPEE	Y14/Cadet/JR	Int/Adv Teen EPEE	1:30-2:30 Strength/Recovery w. Natalia
7:30 - 10:00 EPEE	7:00 - 8:40 Int/Adv Sabre	Situational Fencing	All Weapon Footwork	Situational Fencing	1:00-2:20 Beginner SABRE
Open Fencing*	Epee, FOIL & SABRE Post-Class Boutng	Post-Class Open Boutng	7:30 - 10:00 EPEE	8:00 - 10:00 EPEE, FOIL & SABRE	Open Boutng All Day 10-4 when respective classes aren't in session
*Non-members must be HS age or over	Medeo members only- Open Boutng	Medeo members only Open Boutng	*Non-members must be HS age or over	Post-Class Open Boutng	*Non-members must be HS age 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 9-10:40 AM Beginner-Int				Saturday 1-2:20
2025-26 Age Groups*: Y10 = Born 2015-2018 Y12 = Born 2013-2016 Y14 = Born 2011-2014 Y8 = 2017-2019 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			Competition Categories by Division: 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 USAFencing.org		