

WINTER/SPRING 2020

FENCING



Ages 7-14

This class is an introduction to the Art of Olympic Sport of Fencing, designed for KIDS ages 7-14. Young fencers will learn how to move, defend, and attack using a practice safety sword - in the Classical French style.

Kids in this class will be learning correct fencing form, developing appropriate fencing skills and cultivating courtesy and respect for others, as well as learning about the historical origins of this exciting sport. Great for developing physical agility and mental focus, fencing is also FUN! Fencing develops better eye-hand coordination, physical agility, grace, and balance, while promoting cardiovascular fitness and increased confidence and self-esteem.

All equipment and instruction provided. Please wear sneakers and comfortable clothing for this class.

MIN/MAX: 10/15

Location: Community Activity Center-Activity Room

Day	Time	Date	Fee	Activity #
SA	4:00-5:00pm	1/11-2/1	\$70	332555-17
SA	4:00-5:00pm	3/14-4/4	\$70	332555-19

Please visit NormalParks.org for more information.

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Parks and
Recreation
Department