



### **FCMC BEGINNER CLASS INFORMATION**

Beginner students may join on a rolling basis. We offer Saber, Foil and Epee classes.

**Please Contact Coach John at [john.m.friedberg@gmail.com](mailto:john.m.friedberg@gmail.com) or (732) 539-7446 for information prior to starting to make sure that you are attending the proper class**

Beginner classes will be held as follows:

Saber with Coach John:

Beginner/Emerging (ages 6½-12): Thursdays (5:30-6:40p) and Saturdays (4-5:10p)

Beginner/Developing (ages 12+): Tuesdays (6:55-8:05) and Saturdays (5:15-6:25p)

Foil with Coach Richard (all ages): Mondays (6-7p) and Thursdays (7:30-8:30p)

Adult Epee with Coach Richard (16+): Mondays (7-8p)

Fencers should plan to attend first level class for about 6-12 months. More frequent attendance will speed up advancement to higher level classes.

What to Wear:

Shorts or loosely fitting athletic sweat pants (no jeans), T-shirt, Indoor gym shoes (**please make sure the soles are clean and laces are tight**)

Where to go:

Fencing Club of Mercer County is located at 1274 Rte 130 South, Windsor NJ 08561. We are in between Church St, and Meadowbrook. When going south on 130 the entrance is after the "Colonial Motel" sign and right before the "Puppy Palace". Go to my website for a link to google maps.

Equipment:

All needed equipment may be borrowed for free. I do offer for sale a mask liner that provides better hygiene. Feel free to inquire at the club.

Class fees:

We offer a Groupon rate of \$20 for the first 3 classes. No need to purchase a Groupon as I will honor this price when you register. If you are interested in continuing after the first 3 classes, fees are \$20/class with no long-term commitment (cash preferred, credit cards are not accepted). All students are welcome to attend class if you forget to bring payment as you can pay the next week.

US Fencing Association Membership

For Insurance purposes, all participants are required to join US Fencing. Membership is valid through 7/31/18. Non-competitive membership is only \$10. Please sign up online prior to class. Here is the link: <https://member.usfencing.org/signup>

Waiver:

Please print and bring waiver to first class.