

FENCING CLUB ESCRIMEUR AT RARITAN VALLEY YMCA PROGRAMS FOR YEAR 2008-2009

SESSION 9/8/08 -10/26/08

BASIC FENCING INSTRUCTION 1 CLASS/WEEK

Levels: Beginner, Intermediate
Age: Youth (Y) 6+, Adult (A) 18+
Times: Tue 5-6 Y, Wed 7-8 A, Thu 5-6 Y, Sun 1-2 A, Sun 2-3 Y
Price per Session: \$65
Total Classes: 7
Class Duration: 1 hour
Description: Group Lessons, Bouting, Fitness Arcades, Practice with Dummies

ADVANCED FENCING INSTRUCTION 3 CLASSES/WEEK

Levels: Intermediate, Advanced
Age: Youth (Y) 6+, Adult (A) 18+
Times: Tue 5-6 Y, Wed 7-8 A, Thu 5-6 Y, Sun 1-2 A, Sun 2-3 Y
Price per Session: \$170
Total Classes: 21
Class Duration: 1 hour
Description: all from Basic + Strategic Games, Competitions

COMPETITIVE FENCING INSTRUCTION 3 CLASSES/WEEK 3 PRIVATE LESSONS

Levels: Intermediate, Advanced
Age: Youth (Y) 6+, Adult (A) 18+
Times: Tue 5-6 Y, Wed 7-8 A, Thu 5-6 Y, Sun 1-2 A, Sun 2-3 Y
Price per Session: \$250
Total Classes: 21 + 3 private lessons
Class Duration: 1 hour
Description: all from Advanced + Private Lessons included

PRIVATE LESSONS

Levels: Beginner, Intermediate, Advanced
Age: Youth (Y) 6+, Adult (A) 18+
Times: scheduled with coach
Price per Class: \$30
Total Classes: any
Class Duration: 30 minutes
Description: Individualized Private Lessons, Goals Setup and Progress Monitoring

FACILITIES

Aerobics Room: Tue, Thu, Sun
Gym: Wed