

Try the class
for FREE!!!

FENCING AND FITNESS CLASSES IN CAMAS



Students will be introduced to learning the skills of attacking and defending with a fencing weapon called "Foil". Fencers develop good coordination, balance, flexibility and self-discipline which makes this



training an ideal means of keeping fit for all ages and abilities. Our training progression starts with teaching the student footwork and basic fencing moments. Once the student develops a general understanding of these movements, the student is taught a series of fencing drills combined with open fencing with other students to apply the lessons learned. The final stage consists of teaching tactics and strategy for set competitive situations.

**The equipment is provided and included;
equipment also available for purchase.**

Every Monday & Wednesday

4:30—5:30 PM

Ages 6— under 14 years old

Camas Community Center, 1718 SE 7th Ave.

Register: <https://register.cityofcamas.us>

Cost? 1 class a week \$80/month

2 classes a week \$140/month

+ \$10/year - one time registration fee

Private lessons available by appointment:

30 min/\$30 OR 4-lessons/\$110



www.facebook.com/VictoriaFencing/

Questions about the program? julia.tikhonova123@gmail.com or call 614-446-0079

Register online at <https://register.cityofcamas.us>.

Call Camas Parks & Recreation at 360-834-5307 with any registration questions.