



## 2024 - 25 Group Lessons and Open Fencing Schedule

Monday	Tuesday	Wednesday		Thursday	Friday	Saturday
4:00 - 6:00 Veterans Sabre Open Fencing		4:00 - 6:30 Veterans Sabre Open Fencing	5:00 - 6:30 Youth Sabre		5:00 - 6:30 Youth Sabre	9:00 -10:30 Div 3 EPEE   9:00 -10:30 Y10/Y12 EPEE Footwork & Competitive Fencing
5:00 - 6:00 Little Musketeers Class 7-9 y.o.	5:00 - 6:30 (**Y12)Y14, Cadets EPEE FW & Competitive Fencing	5:00 - 6:30 Y10/Y12 EPEE Footwork & Competitive Fencing	5:00 - 6:30 Youth/Teen EPEE	5:00 - 6:30 Y10/Y12 EPEE FW & Fencing	5:00 - 6:00 Little Musketeers Class 7-9 y.o.	5:00 - 6:30 (**Y12)Y14, Cadets EPEE FW & Competitive Fencing
6:40 - 7:40 Y14/Cadet/Junior All Weapon Footwork	6:00 - 7:00 Body Strength Development	6:40 - 7:40 All Weapon Footwork		6:40 - 7:40 Y14/Cadet/JR All Weapon Footwork	6:40 - 8:40 Y-14/Cadet/JR EPEE FW & Competitive Fencing	6:00 - 8:00 Advanced FOIL
7:30 - 10:00 EPEE & FOIL Open Fencing*	7:30 - 10:00 EPEE, FOIL & SABRE Open Fencing*	7:40 - 8:40 Div 1(A,B,C)   Div 3 EPEE Situational Fencing	7:40 - 9:10 Advanced FOIL	7:30 - 10:00 EPEE Open Fencing*	6:30 - 10:00 EPEE, FOIL & SABRE Open Fencing*	10:00 - 11:30 Youth/Teen Sabre
*Non-members must be HS age or over	Non-members must be HS age or over	8:00-10:00 FOIL & SABRE Open Fencing*		Non-members must be HS aged or over	Non-members must be HS aged or over	10:30 - 11:30 Div 1, 2 & 3 EPEE Footwork 11:30 -12:30 Div 1 EPEE Situational Fencing 12:30 - 2:00 Youth/Teen EPEE Footwork & Fencing 12:30 - 1:30 Body Strength Development
<b>*OPEN FENCING NIGHTS REGULATIONS:</b> 1. Open fencing is free for our primary Medeo members. 2. We welcome guest fencers, non-members coming for open bouts 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!						

\*\*All Y12 fencers must be primary MEDEO members and have personal coach's approval in order to attend Y-14, Cadets EPEE groups on MONDAYS and THURSDAYS  
 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 - 6:30 Beginner-Int	Saturday 12:30 - 2:00 Beginner-Int	FOIL	Tuesday 5:30 - 7:00	SABRE
	Wednesday 5:00 - 6:30	Saturday 5:00 - 6:30			

<b>2024-25 Age Groups*:</b> Y10 = Born 2014–2017 Y12 = Born 2012–2015 Y14 = Born 2010–2013 Cadet (through JO's) = Born 2008–2011 Junior (through JO's) = Born 2005–2011 Junior (after JO's) = Born 2006 - 2012 Vet Combined = Born 1985 or earlier	<b>Competition Categories by Division:</b> Div 1: Fencers born 2011 or earlier that are rated A, B or C Div 2: Fencers born 2011 or earlier that are rated C, D, E or U (Unrated) Div 3: Fencers born 2011 or earlier that are rated D, E or U (Unrated) <small>*For all exceptions to age and division eligibility criteria please consult the Athlete's Handbook at <a href="http://USAFencing.org">USAFencing.org</a></small>
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