



2024 - 25 Group Lessons and Open Fencing Schedule, effective March 3rd

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 - 6:00 Veterans Sabre Open Fencing	4:00 - 5 PM	4:00 - 6:30 Veterans Sabre Open Fencing	4:00 - 5 PM	4:20-5:00 Coordination, Speed and Agility	9:00 -10:40 Div 3 EPEE 9:00 -10:40 Y10/Y12 EPEE
4:20-5:00 Coordination, Speed and Agility	Youth EPEE Open Fencing (Members only)	4:20-5:00 Coordination, Speed and Agility	Youth EPEE Open Fencing (Members only)	5:00 - 6:40 Y-10,Y-12 EPEE	Footwork & Competitive Fencing
5:00 - 6:20 Little Musketeers Class	5:00 - 6:40 Y10/Y12 EPEE	5:00 - 6:40 Youth/Teen Beg/Int EPEE	5:00 - 6:20 Little Musketeers Class	5:00 - 6:40 Footwork & Competitive Fencing	10:30 - 12:10 Intermediate/Advanced Sabre
7-9 y.o. FW & Competitive Fencing	Footwork & Competitive Fencing	Y10/Y12 EPEE, FW & Fencing	(**Y12)Y14, Cadets EPEE FW & Competitive Fencing	6:00 - 6:30 Tech./Tact.FW	10:40 - 12:00 All Weapon Footwork
6:40 - 8:00 Y14/Cadet/Junior All Weapon Footwork	6-7 PM Strength Development w. Natalia	5:00 - 6:40 Interm. FOIL	7-9 y.o. FW & Competitive Fencing	5:00 - 6:40 Youth/Teen Sabre	12:00 -1:20 Div 1 EPEE Situational Fencing
	6:40 - 9:00 Y-14/Cadet/JR EPEE	6:40 - 8:00 All Weapon Footwork	6:40 - 8:00 Y14/Cadet/JR All Weapon Footwork	6:40 - 9:00 Y-14/Cadet/JR EPEE	12:30-2:10 Youth-Teen Beginner/Int EPEE
	5:30 - 7:10 Beginners	6:40 - 9:00 Div 1(A,B,C) Div 3 EPEE		6:00 - 8:00 Advanced FOIL	1:00 - 2:20 Beginner SABRE
	FW & Competitive Fencing	7:30 - 9:10 Advanced FOIL			12:30 - 1:30 Recovery Session w. Natalia
7:30 - 10:00 EPEE & FOIL Open Fencing*	7:00 - 8:20 Youth/Teen Sabre	Situational Fencing		8:00 - 10:00 EPEE, FOIL & SABRE	11:00 AM - 2:00 PM Youth & Veterans EPEE & Foil Open Fencing
Non-members must be HS age or over	7:30 - 10:00 EPEE, FOIL & SABRE Open Fencing Medeo members only	8:00-10:00 FOIL & SABRE Open Fencing* Medeo members only	7:30 - 10:00 EPEE Open Fencing*	8:00 - 10:00 EPEE, FOIL & SABRE Open Fencing* Medeo members only	*Non-members must be HS aged or over
*OPEN FENCING NIGHTS REGULATIONS: 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 - 6:40 Beginner-Int		FOIL	Tuesday 5:30 - 7:10	SABRE
	Saturday 12:30 - 2:10 Beginner-Int				Saturday 1:00 - 2:20

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