**![MC900198827[1]]() FENCING ![MC900198827[1]]()**

Have fun learning the footwork and blade actions of this dynamic Olympic sport. Fencers enjoy many benefits including exercise, health and fitness, mental focus, tactical thinking, social opportunities, competitive challenge, recreation, personal growth, theatrical appreciation, and more. Discover its benefits for yourself! Class is led by former US World Championship Team member and former #1 Ranked Fencer in North America – Dr. Jane Littmann.

**Class Schedule: (Please note: *Class times listed below and groupings may be revised to better accommodate the ages and schedules of those interested. Small classes may be combined into one larger group. Please let Jane know before Feb 17 your preferred meeting time.)***

**Feb – Mar Session:** (5 Classes) Wednesdays, February 17 – March 30, 2016

(Class meets: February 17, 24, and March 2, 23, & 30. – No Fencing March 9, March 16)

**4:30 – 5:30 PM** Group 1: Beginners and Youth

**5:30 – 6:30 PM** Group 2: Teens – Adults and Intermediates

**6:30 – 6:45 PM** (Additional bouting for those who wish to stay)

**Cost\*:
*Harbison Residents*:** $77 for 5-weeks (February – March Session)
***Non-residents:***  $96 for 5-weeks (February – March Session)

**\***USA Fencing Membership is also required of all participants since Columbia Fencers’ Club is an insured Member Club of USA Fencing. **A $10 fee payable at the first class covers the remainder of the 2015-16 fencing season (through July 31, 2016).**

**Equipment Policy:** All equipment will be provided for new fencers throughout their first 5-week session to give them an opportunity to try out this sport without having to purchase a set of gear. For their next and each subsequent session, there is a rental fee payable to the instructor of $40. However, an individual may **(we recommend)** instead purchase a complete (7 piece) new beginner set that costs about $200, if they prefer. The set includes a foil, mask, jacket, glove, underarm protector, plastic chest protector, and a fencing bag.

Class participants are expected to wear long pants and closed-toe shoes (athletic footwear). No shorts, and no sandals, crocs, boots, heels, or dress shoes are permitted for everyone’s safety.

**Location:**  Classes meet at the Harbison Recreation Center Gym, 106 Hillpine Rd., Columbia, SC 29212 Phone: (803) 781-2281

**Additional Information:**

Jane is co-founder and Head Coach of Columbia Fencers’ Club and also teaches fencing at USC. CFC won the Women’s Epee Team National Championship. We have been teaching & coaching fencers in SC for 30 years. CFC was founded in 1985 at Harbison Recreation Center. Our club includes both competitive & recreational members. We teach ages 9 and up, including adults of all ages.

**Instructor contact:** Dr. Jane Littmann 803.781.0056 or [www.columbiafc.com](http://www.columbiafc.com)