



Spring into action!

If you prefer individual pursuits to team sports, or find exercise more fun if it engages your brain as well as your body, or you simply fancy a new challenge, then fencing could be just the thing for you to try this spring.

A traditional sport of quick reflexes and tactical thinking, fencing will stimulate your mind whilst turning your legs into powerful, perfectly toned springs - so you'll be able to leap tall buildings in a single bound (although this might be a *slight* overstatement).

Sounds marvellous, doesn't it?! In which case you'll be interested to hear that Royal Tunbridge Wells Fencing Club is starting a new epee course for adults and teenagers at 7pm on Thursday 19th April. Epee is a great weapon to start with as there are no tricky rules and no limit to the target area. Each of the 13 sessions will consist of a general warm-up, reaction games, footwork, technical exercises and the opportunity to duel with other class members. All equipment is provided, just wear tracksuit bottoms and trainers - and bring a drink (alternatively, a water cooler is available).

If you wish, you can pay for the first session as a taster then decide if you'd like to commit to the full course. To book your place on the taster / course, please call 07768 085 735 or email: rtwfencingclub@gmail.com. See the column to the right for further details.

So why not get in touch and learn a new sporting skill that focuses the mind and simultaneously fires up the body. Springing into action has never been so much fun!

Prof. Steve Paul
3 x Olympian, 3 x national champion

Course Information

Location

Territorial Army Centre, St John's Road,
Tunbridge Wells, Kent TN4 9UU

Course

Classes will start on Thursday 19th April 2018 and run for 13 weeks; the course finishes on 19th July. There is no class on 31st May due to half term. The class runs from 7-8.00pm, with the option of staying on for the advanced class warm-up and footwork from 8-8.45.

Coaches

Paul Beasley, Level 3 coach
Chris Higginson, Level 2 coach
Don Coe, Level 2 coach

Cost

The course fee is £117.00
(£9.00 per session)

Payment

Payments may be made via:

- Cash (in an envelope, please, with the pupil's name on the front); or
- Cheque made payable to RTW F/C; or
- By bank transfer to: The Royal Tunbridge Wells Fencing Club, Account number 03045237 Sort Code 30-98-77.

Contact details

Course enquiries:

Email: rtwfencingclub@gmail.com

Mobile: 07768085735

Website: www.rtwfencingclub.com