



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 2nd May. Epee is a great weapon to start with as there are no tricky rules and no limit to the target area.

Each of the 11 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!

Course Information

Location

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

Course

Classes will take place from 7-8.00pm. The start date is Thursday 2nd May and the finishing date 18th July; the course runs for 11 weeks. Please note that there is no class on 30th May due to half term. During the second half of term you can opt to stay on – at no extra charge – for the advanced class warm-up and footwork (8-8.45pm).

Coach

Chris Higginson, Level 2 coach

Cost

The course fee is £99.00 (£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