

Intro "Sabre" Program - Jan to Mar 2010

"FROM BEGINNERS TO OLYMPIANS"



At: Dynamo Fencing Club
3122-12811 Rowan Place,
Richmond, B.C., V6V 2S6
Www.dynamofencing.com

To Register:
GIVE US A CALL AT
778-862-8467 TO
BOOK YOUR SPOT,
SPACE IS LIMITED!!!

Dynamo is introducing a brand new introductory course in Sabre Fencing. This course is open to all ages and skill types. No experience is necessary and all of the equipment will be provided by Dynamo Fencing Club. The course will be taught by Mike Krasnich: Provincial Champion and Team Member. This course is a great course for inspiring actors and anyone who likes excitement. This is a great course to take as a family (All ages are welcome).

Skills Taught in this Course:

- Fencing position
- Fencing footwork (advance, retreat, lunge and flèche)
- Counter-attacks
- Basic Parries
- Fencing etiquette
- Fencing related games
- Improvement of coordination, athletic skills and self confidence
- Safety, Scoring, and Competition Rules
- Target and Rules of the three different weapons (Foil, Epee, Sabre).
- Sabre Rules - Priority

Coach: Mike Krasnich

Mike is entering his 5th year as an assistant coach at Dynamo. He leads our Sabre program which is one of the top programs in the province. One of his students that has come out of this program, has placed 2nd at a North American Cup and bronze medalist at 2009 Canadian National Championships. Mike has a lot of experience working with all ages and skill levels.

Course Schedule & Time

DAY	TIME	START	END
TUES	7:00 - 8:00 pm	Jan 5, 2010	Mar 9, 2010

Program Fees (January to March 2010):

Once a week: \$135.00 + GST (\$141.75)

*This Program is open to all club members as well.

Registration Process: Registration forms can be e-mailed or mailed to Dynamo Fencing Club. Full registration fees must be received prior to your first class. Fees can be paid by Cash or Cheque, payable to: Dynamo Fencing Club. If registration is not received prior to the first class, program fees will increase by 10%.

For more information:

Call: 778-862-8467

E-mail:

igor@dynamofencing.com

What to wear and bring:

- Water bottle
- Indoor sport shoes
- Track or sweat pants

WWW.DYNAMOFENCING.COM

Dynamo Fencing Club

Program Registration Form - Winter 2010

Name (first / last): _____ Phone (H) _____

Phone (C): _____ E-mail: _____

Address: _____ Province/State: _____ Postal Code: _____

Date of Birth: _____ Age: _____ Circle One: F M

Parent/Guardian Name (if under 18): _____

Emergency Contact: _____ Phone (H): _____ (W) _____

Health Concerns & Special Requirements: _____

Please Select Your Program (January to March, 2010 - 5% GST is included in the price)

Program	Day	Time	Start Date	End Date	Cost	Select
Intro Kids	Thursday	5:30 - 6:30 pm	Jan 7, 2010	Mar 11, 2010	\$103.95	
Intro Kids	Saturday	10:00 - 11:00 am	Jan 9, 2010	Mar 13, 2010	\$103.95	
Intro Kids	Both Days: \$195.00					<input type="checkbox"/>
Intro Youth	Wednesday	5:00 - 5:45 pm	Jan 6, 2010	Mar 10, 2010	\$93.45	
Intro Adults	Thursday	8:00 - 9:00 pm	Jan 7, 2010	Mar 11, 2010	\$103.95	
Intro Adults	Saturday	10:00 - 11:00 am	Jan 9, 2010	Mar 13, 2010	\$103.95	
Intro Adults	Both Days				\$195.00	
Inter. Kids	Thursday	6:45 - 8:00 pm	Jan 7, 2010	Mar 11, 2010	\$131.25	
Inter. Kids	Saturday	11:15 - 12:30 pm	Jan 9, 2010	Mar 13, 2010	\$131.25	
Inter. Kids	Both Days				\$241.50	
Inter. Adults	Thursday	6:45 - 8:00 pm	Jan 7, 2010	Mar 11, 2010	\$131.25	
Inter. Adults	Saturday	11:15 - 12:30 pm	Jan 9, 2010	Mar 13, 2010	\$131.25	
Inter. Adults	Both Days				\$241.50	
Inter. Kids +	Saturday	12:30 - 1:45 pm	Jan 9, 2010	Mar 13, 2010	\$131.25	
Inter. Adult +	Saturday	12:30 - 1:45 pm	Jan 9, 2010	Mar 13, 2010	\$131.25	
Intro Sabre	Tuesday	7:00 - 8:00 pm	Jan 5, 2010	Mar 9, 2010	\$141.75	

- Registration (with cheque) must be received by Dynamo Fencing Club prior to your first class.
- A 10% late fee will be charged if registration fees are not received prior to the beginning of your program.
- Please send your registration forms and cheque to: 3122 - 12811 Rowan Pl, Richmond, B.C., V6V 2S6 (cheque payable to: Dynamo Fencing Club)