

TRY FENCING



31st Annual NATIONAL GIRLS AND WOMEN IN SPORTS DAY Registered Clinic

WHAT: Fencing Beginners Mini-Clinic

WHY: Fencing is a fun, fast, modern Olympic, amateur, and collegiate sport suitable for ages 7 to 70+. Men and women fence on an equal basis. You can fence recreationally for fun and fitness or compete seriously on the state and national level. The most successful Olympic fencer in US history is a woman, Mariel Zagunis (2 gold, 2 bronze medals).

WHERE: Salle Green, 11058 Washington Highway (US 1 – 1.9 miles north of Virginia Center Commons Mall, south side of RJ Tilley's building)

WHEN: Tuesday, 31 January, starts promptly at 7pm, ends at 8:30pm. This is an organized group class.

DETAILS: A free introduction to the sport. We will fit you with protective equipment, teach you the basic footwork and blade techniques, and help you fence your first bout. Wear comfortable athletic clothing (with a T shirt) and athletic shoes.

INFO: <http://www.sallegreen.com>, wgreen@sallegreen.com, 798-7744.