

# FENCING

## Fencing - Private Lessons

Private fencing lessons in foil and Sabre are taught Seden Senogula. Lessons taught online or in person depending on experience. Students will work on coordination, balance, speed, along with blade and footwork. Please contact Jenay Gordon [jgordon@bgparks.org](mailto:jgordon@bgparks.org) or call 847.353.7577.

## Fencing 1 - Live

This class is for beginner fencing students. Participants will work on coordination, balance and speed, along with blade and footwork. Proper fencing techniques will be taught, with an emphasis on foil fencing.

Age: 10 - 14 years

Code	Day	Date	Time	R/NR Fee
16142002	Wed	Aug 18 - Oct 6	4:40 - 5:45 pm	\$200/\$240

Instructor: Senoglu

## Open Fencing (Intermediate & Advanced)

Taught by USA Fencing coaches, students are offered the opportunity to work on skills outside of a class setting, but with coach's input on and off the strip. **Please note:** All students must show proof of membership with USA Fencing (the non-competitive membership qualifies, and is \$10 per year; though, other memberships can be used), bring their own equipment, and bring appropriate footwear to participate.

Age: 10 - 14 years

Code	Day	Date	Time	Fee
11147204	Wed	Aug 11 - Oct 13	7 - 8:30 pm	\$80
11147205	Sat	Aug 14 - Oct 16	11 am - 12:30 pm	\$80
11147206	Wed & Sat	Aug 11 - Oct 16	7 - 8:30 pm 11 am - 12:30 pm	\$120

Instructor: USA Fencing Coaches

For more information on any of our Fencing programs, contact [Jenay Gordon](mailto:jgordon@bgparks.org) at 847.353.7577 or [jgordon@bgparks.org](mailto:jgordon@bgparks.org).



FITNESS CENTER  
at the Buffalo Grove Park District

