



Fencing Academy of Calgary Association Programs

(Subject to change by Fencing Academy of Calgary Association)

PROGRAM TIME DESCRIPTION

YOUTH INTRODUCTORY COURSE (for ages 7 – 15 yrs)

6 Weeks Program, one lesson per week in a group or individual lessons

You can start any time. All protective gear and equipment is provided.

Tuesday	5:45 – 7:00pm
Wednesday	5:45 – 7:00pm
Friday	5:45 – 7:00pm

ADULT INTRODUCTORY COURSE (for ages 16 – adult)

6 Weeks Program, one lesson per week in a group or individual lessons

You can start any time. All protective gear and equipment is provided.

Tuesday	7:00 - 8:30 pm
Wednesday	7:00 - 8:30 pm
Friday	7:00 – 8:30pm

BEGINNERS & INTERMEDIATE LEVEL Epee, Foil, or Saber class

(September – December, January – May)

Group lesson once or twice per week.

(If taking two lessons a week, fee includes **Open Boutings**).

Tuesday	5:45 – 7:00pm
Wednesday	5:45 – 7:00pm
Friday	5:45 – 7:00pm

Participants should have their own mask and glove (or you can rent from the club).

Participants are encouraged to take individual lessons to progress to the Competitive Program.

COMPETITIVE Epee class and FITNESS class

(September – December, January – May)

Group lesson once or twice per week.

(If taking two lessons a week, fee includes **Open Boutings**).

Monday (fitness class)	6:00 – 7:00 pm
Tuesday	7:00 – 8:00pm
Wednesday	7:00 – 8:00pm
Friday	7:00 – 8:00pm

Fitness class is free for fencers who registered for two or more group classes per week.

Participants should have their own mask and glove.

Participants should take individual lessons to progress to High Performance Level.

OPEN BOUTING

(September – December, January – May)

1 or 2 practice sessions per week – no classes or individual lessons provided.

Includes use of the scoring equipment and facility, Equipment rental available.

Monday	7:30 – 8:30pm
Tuesday	7:30 – 8:30pm
Wednesday	7:30 – 8:30pm
Friday	7:30 – 8:30pm

INDIVIDUAL LESSONS

Available to everyone (see attached information).

Priority is given to International/ Provincial / National level competitive fencers.

All individual lessons are by appointment only and must be scheduled in advance (20-30 Minutes per lesson).



CURRENT SCHEDULE
September – December 2026
 Glenbrook Community
 3524 45th street S.W.
 Phone: (403) 201-2708
 E-mail: faofc@fencingacademy.ca

(Subject to change by Fencing Academy of Calgary Association)

Check additional information on our website: www.fencingacademy.ca

DAY & LOCATION	6:00 - 7:00 PM	5:45 - 7:00 PM	7:00 - 8:30 PM	7:30 - 8:30 PM
	Foil, Epee or Sabre Class			
MONDAY Glenbrook Community Hall 3524-45th Street SW Calgary	Fitness class Individual Lessons	Individual Lessons	Open Boutng Individual Lessons	Open Boutng Individual Lessons
TUESDAY Glenbrook Community Hall 3524-45th Street SW Calgary	Introductory Course Individual Lessons	BEGINNERS & INTERMEDIATE Individual Lessons	COMPETITIVE Individual Lessons	Open Boutng Individual Lessons
WEDNESDAY Glenbrook Community Hall 3524-45th Street SW Calgary	Introductory Course Individual Lessons	BEGINNERS & INTERMEDIATE Individual Lessons	COMPETITIVE Individual Lessons	Open Boutng Individual Lessons
THURSDAY (To Be Announced)				
FRIDAY Glenbrook Community Hall 3524-45th Street SW Calgary (To Be Announced)	Introductory Course Individual Lessons	BEGINNERS & INTERMEDIATE Individual Lessons	COMPETITIVE Individual Lessons	Open Boutng Individual Lessons
SATURDAY (To Be Announced)				