**Daily Schedule**

**9:00 am**

Warm Ups

Footwork

Footwork Games

**9:45 am**

Basics with Equipment

Bladework Practice

Balance Games

**11:00 am**

Equipment Repair Lessons

Mental Training

Fencing Games

Fencing Rules Class

**11:30 am**

Bouting

**12:00 pm**

Pick-up

**Foil, Epee, and Saber**

Our primary weapon for camp will be the foil, but children will also get to fence saber and epee.



**Instructor – Judy O’Donnell**

****Judy has a Masters of Education from Harvard University and has been coaching fencing for 25+ years. She previously taught at the Boston Fencing Club before moving to Iowa. Judy competed internationally and has sent students to some of the highest levels of competition. She holds a Coaching Authorization from the State of Iowa Board of Educational Examiners.

Judy is occasionally assisted by some of her most advanced students.

**Other Programs**

The Iowa City Fencing Center offers group classes for children (ages 5 & up), teens, adults, and seniors, as well as private lessons. Our popular birthday parties and special events for groups include learning the basics of fencing from on guard to the fun of fencing real bouts.

**Benefits of Fencing**

Fencing is a great form of exercise that speeds up reaction times, increases focus and coordination, and practices fast-paced problem-solving skills.



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**www.iowacityfencingcenter.com**

**icfencingcenter@gmail.com**

**415 Highland Ave, Suite 200**

**Iowa City, IA 52240**

**(319)-338-7171**

**Registration**

Camps are for children ages 8-14.

Registration forms can be picked up at the Iowa City Fencing Center, downloaded from our website, or mailed directly to you. For a mailed copy call (319)-338-7171.

Class size is limited so be sure to register early!

Return registrations to:

Iowa City Fencing Center

415 Highland Ave, Suite 200

Iowa City, IA 52240



**Cancellation Policy**

Refunds (excluding $50 registration fee) will be made if cancellation notification is received at least two weeks prior to the start of the session. ICFC reserves the right to cancel a session due to insufficient registration, with full refunds.

**Our Facility is Air-Conditioned!**

**Summer Camp Program**

Campers will have an action-packed week learning the skills of competitive fencing while making new friends. It’s fun, fast, and exciting!

We play fun fencing games that incorporate learned fencing movements and other important skills.

Students learn equipment care, fencing rules, and simple mental training techniques.

Campers will have a small tournament on Friday morning. Parents are encouraged to come watch.

**Cost: $200**

Includes an ICFC t-shirt, water bottle, fencing equipment use, and a $50.00 non-refundable registration fee. Please make checks payable to ICFC and include them with the registration forms.

**We are dedicated to creating a fun and exciting atmosphere for competitive and recreational fencers alike!**





**Some FAQ’s**

**Q: Is it safe?**

**A:** Fencing is one of the safest Olympic sports. Our equipment meets all USA Fencing safety standards and is meticulously inspected for safety by our staff. ICFC instructors are CPR and First Aid certified.

**Q: Do I have to buy equipment?**

**A:** Not at all. The ICFC provides campers with everything needed to learn how to fence. We do sell equipment if you prefer to have your own. Campers **MUST** wear athletic shoes and long pants. Absolutely **NO** sandals or shorts.

**Summer 2024 Sessions**

June 17th-21st (advanced only)

July 22nd-26th (all levels)

August 5th–9th (all levels)