



FENCING



This class is an introduction to the Art of Classical Foil Fencing. Students will learn how to move, defend, and attack using the basic fencing weapon - the foil. Great for developing physical agility and mental focus, fencing is also FUN! Fencing develops better eye-hand coordination, physical agility, grace, and balance, while promoting cardiovascular fitness and increased confidence and self-esteem. All equipment and instruction are provided. Please wear sneakers and comfortable clothing for this class.

This class will be taught by Miki McKay who is a certified foil coach. She has been fencing for five years, and recently earned her Moniteur de Fleuret (profession level fencing certification). She is also one of the only competitive foil fencers in the state of Alaska.

Teacher: Svetlana Jackson

Instructor: Miki McKay - Alaska Fencing Club

Credit: PE

Fee: \$150

