



FENCING for adults



INTRO COURSES Autumn '23

Learn fencing 7 evenings for 375,- DKK

Choose a Wednesday or Monday class

Wednesdays 19-21 - 06.09. to 25.10. (Week 42 excluded)

Mondays 19-21 - 23.10. to 04.12.

The training sessions are in English.
If you do not have time to join, we have courses again in January 2024

Registration

Mail to info@hellerupfaegteklub.dk
Write "Intro Course" and "Wednesday 06.09." or "Monday 23.10." as subject.
State your first and last name, age and phone number.

Deadline for registration:
Wednesday classes: Sunday 03.09.
Monday classes: Wednesday 18.10.

Payment by credit card – DKK 375,-
We send you a payment link shortly before your first session. You may only attend the course, if you have prepaid. The fee can not be refunded after start of the course.

Having finished the course, you can decide to sign up as member and continue fencing on our adult team: Mon-Thursday 19-21.

At the intro course in HFK you can

- ✓ Engage in a unique sport
- ✓ Live out your musketeer dream
- ✓ Fence épée from the 1. evening session
- ✓ Be thoroughly introduced to fencing
- ✓ Practice a martial art without physical contact
- ✓ Get in shape, while practicing basic fencing
- ✓ Have fun, while learning

The classes are held in our atmospheric fencing hall on Strandparksvej 46, DK 2900 Hellerup

The only things, you need to bring, are: Long sports trousers, indoor sports shoes and a towel for an optional shower. You will become sweaty from fencing.



FAQ

Am I good enough? Yes, the course is an introductory course for beginners. All participants will be beginners.

Do I need to be in good shape to start? No, but you will get in shape by fencing.

Am I too old? No, the classes are adapted to adult hobby practitioners.

Do I need to have fencing gear? No, as a student you borrow our equipment.

Is it dangerous? No, we will lend you safety equipment and instruct in safety.

Contact: 45 3962 3111 - Tap 1

www.hellerupfaegteklub.dk