



FENCING for adults



INTRO COURSE Summer '25

Learn fencing 7 evenings for 395,- DKK

Mondays 19-21 from 05.05. to 23.06.

(Monday 09.06. excluded)

The training sessions are in English

If you do not have time to join and fence, we have courses again in Autumn

Registration

Mail to info@hellerupfaegteklub.dk
Write "Intro Course Summer" as subject.
State your first and last name, age, and phone number.

Deadline for registration: Thursday 01.05.

Payment by credit card – DKK 395,-
We will send you a payment link shortly before your first training session. You may only attend the course, if you have prepaid the fee. The fee can not be refunded after start of the course.

Having finished the course, you can sign up as a member and continue fencing on our adult team: Mon- & Wednesday 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, a T-shirt, 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 form 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