



FENCING for adults



INTRO COURSE on épée Autumn '25

Learn fencing 6 evenings for 395,- DKK

Wednesdays 19-21 o'clock from 22.10. to 26.11.

If you do not have time to join, we have courses again in Winter 2026

Registration

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

Deadline for registration: 16.10.

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 the start of the course.

After finishing the course, you can sign up as a 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