



FENCING for adults



INTRO COURSE Autumn 2022

Learn fencing 7 evenings for 349,- DKK

Choose a Monday- or Wednesday class

Mondays 19-21 - 12.09. to 31.10. (Week 42 excluded)

Wednesdays 19-21 - 05.10. to 23.11. (Week 42 excluded)

If you do not have time to join, we have courses again in Winter 2023

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.



Registration

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

Deadline for registration:

Monday classes: Monday 05.09.

Wednesday classes: Wednesday 29.09.

Payment by credit card – DKK 349,-

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 decide to sign up as member and continue fencing on our adult team: Mon-Thursday 19-21.

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