



NJFA Programs

Beginners

**SABRE: Monday & Wednesday 4:30 pm – 6 pm;
Saturday 10 am – 11:30 am**

**FOIL: Tuesday 4:30 pm – 6 pm; Thursday 5 pm – 6:30 pm;
Saturday 10 am – 11:30 am**

**EPEE: Monday & Wednesday 4:30 pm – 6 pm;
Saturday 10 am – 11:30 am**

Our beginner class is perfect for everyone who wants to start getting familiar with the sport of fencing. Playing, enjoying, and having fun are the cornerstones of this class, and in such a dynamic and creative environment our student start learning the basics of fencing, fundamental techniques, and tactics, as well as the etiquette and rules that dictate a fencing match. Through a mix of games and exercises, children's core and higher order executive functions are addressed. This improves their cognitive flexibility, reasoning, problem solving, self-esteem, and social emotional skills to better equip them to thrive in life.

1 private lesson provided per month

Intermediate

**SABRE: Monday & Wednesday 4 pm – 6 pm;
Saturday 9 am - 11 am**

**FOIL: Tuesday 6 pm – 8 pm; Thursday 6:30 pm – 8:30 pm;
Saturday 11:30 am – 1:30 am**

**EPEE: Tuesday & Thursday 6 pm – 8 pm;
Saturday 11:30 am – 1:30 am**

The goal of this class is to build the foundation for a proficient and successful fencing career. Fencers can choose between fencing competitively at local, regional, and national tournaments, or recreationally. Whether your dream is to become an Olympic champion, or to just enjoy the sport and participate in a great environment, The Intermediate programs are designed for children who aspire to one day compete at the highest level. This program will prepare them for local and regional competitions, as well as to eventually join our Youth Elite/Elite Training Program.

2 private lessons provided per month

High School Program

**SABRE: Tuesday & Thursday 4 pm – 6 pm;
Saturday 11 am – 1 pm**

**FOIL: Monday & Wednesday 4 pm – 6 pm;
Saturday 11 am – 1 pm**

**EPEE: Tuesday 6 pm – 8 pm; Thursday 4 pm – 6 pm;
Saturday 11:30 am – 1:30 pm**

New Jersey Fencing Alliance (NJFA) is proud to offer a program tailored specifically for High School fencers. It focuses on building the foundation for a proficient and successful fencing career. The High School program is designed for students who aspire to one day compete at the highest level. This program consists during the off-season to prepare them for their upcoming High School season. This program will allow them to perfect their knowledge and skills.

4 private lessons provided per month

Advanced & Elite Foil

**Monday & Wednesday 6:00 pm - 8:00 pm;
Saturday 10:30 am - 12:30 pm**

The advanced and elite classes are designed for the dedicated fencer who specifically wants to compete at the highest levels. These athletes compete in local, national, and international tournaments. The training regime is designed to help each, and every fencer achieve their highest performance potential. The goal of many of these fencers is to become national team members and get recruited to fence at colleges and universities.

2-4 private lesson recommended per week