

Twin Cities Fencing Club

About TCFC

Twin Cities Fencing Club (TCFC) is a nationally known training center and competitive fencing club. We offer classes for children, teens, and adults as well as competitive training. While our focus as a club is on competition, many of our members are recreational fencers who prioritize exercise and instruction over competition.

Whatever your goals are, you'll find TCFC an energetic and interesting place to learn and train.

Children's Classes

Fencers aged 7-12 focus on learning the basic techniques required for fencing. This class emphasizes good footwork, balance, and bladework.

Schedule for children's classes:

Saturdays 9:00–10:00 a.m.

Wednesdays 6:30–7:30 p.m.

Children in this age group may choose to attend one or two classes per week.

Children's classes cost \$50/month for one class per week or \$60/month (\$180/quarter) for two classes per week

Teens' Classes

For ages 12-17, classes are structured as a training program. Two classes per week offer a balance of technical and tactical drills, plus opportunities to practice bouts.

Schedule for teen classes:

Saturdays 10:00–1:130 a.m., foil/sabre

Saturdays 11:30 a.m.–1:00 p.m., epee

Mondays 6:30–8:00 p.m., all weapons

Teens' classes cost \$60 per month (\$180/quarter).

Adults' Classes

Our small, skills-intensive classes include a range of experience levels from relatively new fencers to people who have been training for a number of years. This comfortable mix of levels makes it easy for fencers to learn at their own pace and seek out the kinds of bouts experience they wish to pursue. Saturday classes are augmented with

weekly practice, for those who wish to participate.

Schedule for adult classes:

Saturdays 1:00–2:30 p.m.

Tuesdays and Thursdays

7:00–9:30 p.m.

Adults' classes cost \$60/month (\$180/quarter).

Competitive Practice

Training at TCFC allows fencers to drill and bout with elite athletes competing at the national level. Our training

program features a mixture of footwork, technical and tactical drills, and high level bouts to develop the skills necessary to compete successfully.

Competitive practices are held Tuesdays and Thursdays. The gym is open by 7:00 p.m. for athletes to warm up and prepare. A brief footwork practice begins at 7:10. Drills and bouts begin by 7:30 and continue til 9:30. Cost is \$180/quarter, and private lessons are available during practice for an additional fee.

Visiting athletes

TCFC welcomes athletes from other clubs to join us! Whether you are in town briefly, or staying in the Twin Cities for school or work, please feel free to maintain your training schedule at the club.



For more information, please call 651-225-1990.

We are open Monday through Thursday evenings and Saturday from 9:00 a.m. to 2:30 p.m.