



COMMUNITY OLYMPIC
DEVELOPMENT PROGRAM



FENCERS CLUB

EST. 1883



A UNIQUE MIND+BODY PERFORMANCE-ENHANCING FUN EXPERIENCE

Our wholistic approach can help you improve your team performance, relieve its stress levels and strengthen both bodies and minds while enjoying a uniquely fun experience.

WHAT IS FENCING?

An elegant, prestigious sport with a rich historical tradition fencing delivers physical benefits including increased coordination, agility, balance, flexibility, strength, and cardiovascular endurance as well as improved mental agility. Fencing is often referred to as “physical chess” due to the logic and strategy tactics involved in the sport.





THE WELL-BEING BENEFITS
FOR YOUR TEAM

IMPROVES ENDURANCE

Fencing is an explosive start/stop sport where periods of high-energy activity are mixed with periods of recovery. As the body's anaerobic fitness improves, it can work harder and for longer.



THE WELL-BEING BENEFITS
FOR YOUR TEAM

IMPROVES HEART HEALTH

Fencing is also an aerobic form of exercise, so it supports heart and mental health by increasing oxygen in the blood and releasing endorphins that lead to a positive sense of health.

THE WELL-BEING BENEFITS
FOR YOUR TEAM

IMPROVES MENTAL HEALTH

Fencing mental benefits also include improved focus, problem solving and stress reduction. As a combat sport you must focus your entire energy on your opponent as you strategize to score points.



THE WELL-BEING BENEFITS
FOR YOUR TEAM

IMPROVES CONCENTRATION

Sharp thinking, critical decision making, and constant learning are all skills that we develop in fencing. When going against an opponent, a fencer has to keep on adapting which fosters improved concentration.



PROGRAM DELIVERY

- A three-hour program delivered in a unique and inspiring learning environment at the world class Fencers Club in midtown Manhattan.
- Presented in a fun, engaging, and challenging manner by Olympic level coaches and fencers.
- Our goal is to develop a more focused, motivated, and productive individual and team member.

OUR COACHES

- World Champions
- NCAA Champions
- Master Coaches
- Olympians

We deliver a program tailored to suit the needs of your organization. Led by our world class coaches and fencers, that are nationally and internationally recognized for their expertise and achievements



MODULE 1 – EDUCATE

- The History
- The Basics
- The Weapons



MODULE 2 – ENGAGE

- Suit up
- Active Participation
- Coach Instruction



MODULE 3 – ENJOY!

- Select a Weapon
- Custom Contests
- En Garde!



A group of diverse people, including men and women of various ages, are standing in a line in what appears to be a gymnasium or sports hall. Many of them are holding tennis rackets. They are dressed in casual athletic wear like t-shirts and shorts. The background shows a wooden floor and some structural elements of the building. The entire image has a semi-transparent red overlay.

JOIN US FOR A HEALTHIER, HAPPIER UNIQUE EXPERIENCE

Invest in your employee's health and wellbeing with
the Fencers Club Mind+Body Wellness Program

MORE INFORMATION

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ABOUT FENCERS CLUB

We are a 501(c)(3) not-for-profit organization dedicated to the pursuit of excellence through the sport of fencing. Fencers Club is a uniquely wonderful place where people of all ages, backgrounds, and beliefs can fence, learn, share resources, and make life-long friends.

Fencers Club is the oldest continuously existing organization in the Western Hemisphere dedicated exclusively to teaching and promoting the sport of fencing. Since our establishment in 1883 we have remained at the vanguard, producing successive generations of Olympians, World and National Champions.

Fencers Club does not discriminate on the basis of race/ethnicity, color, national origin, sex, disability, veteran status, sexual orientation, religion or age.

Contributions to Fencers Club are tax deductible to the extent permitted by law.

To date every US Olympic Fencing team has included a member of the Fencers Club.

Several of our members have been fencing for more than 50 years and are actively contributing members to the Fencers Club community.

Behind every success story there is a history of hard work, perseverance, and determination. Together we set high goals and support each other for the simple joy of learning.

Sincerely,
David Niu