



Fencing

Session I - Fall 2026

Who: 1L-4R Scholars

Where: Palaestra

When: Wednesdays, 3:15-4:45 p.m.

Dates: September 16 – October 28

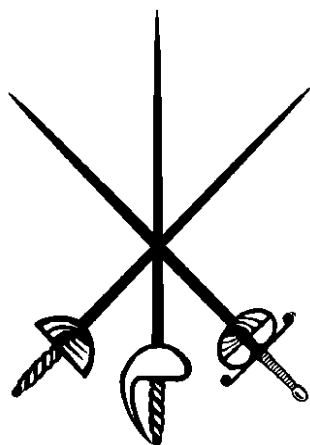
(No class 10/14)

Coach: Youth Enrichment League

Fee: \$115, payable to *Parnassus*

Deadline: Friday, September 11

Join this fast-growing Olympic sport! New and returning students are invited! Fencing often appeals to the “intellectual athlete”, as it builds both physical and mental skills. Fencing improves coordination, balance, speed, and fitness, while teaching athletes how to think quickly and make smart decisions under pressure.



Each Youth Enrichment League class follows four basic components: **Teach It!...** Youth Enrichment League Fencing Club crafts the lessons and curriculum. **Practice It!...** Students pair up and practice the fencing moves or concepts taught that week, rotate partners and repeat. **Move It!...** Students are then asked to mock-fence using only the moves taught so far. **Play It!...** For 15-30 minutes of each class, students fence with multiple fencers at their skill level.

All fencing equipment will be provided, but we ask that all scholars bring non-scuffing shoes, comfortable athletic clothes, and bring a water bottle to every practice.

Due to high demand in previous sessions, the maximum enrollment for this activity is 20.

LATE PICK UP

Please note that Animus/Accendo, the after-school care program is not included with this activity. Therefore, scholars must be picked up **promptly at 4:45pm**. Scholars that are picked up late and placed in the after-care program will be charged a late fee. If you know you will need after care, please email animus@parnassusprep.com.

REGISTER

All Parnassus activity registrations must be completed online at: <https://students.arbitersports.com/organizations/parnassus-preparatory-school> by a parent/guardian. Registration is not complete until the online registration form and payment have been submitted. All parents/guardians will need to create an account when registering for the first time in the system.

Questions:

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