

# Peterborough Fencing Club

## Summer Camps 2022

### CAMP DESCRIPTIONS

#### FENCING TRANSITIONS CAMP 10-12 year old children

Participants in this instructional first contact sport camp will be challenged to explore physical literacy, learn new skills in fencing and have a great time through individual and team activities. No previous experience is necessary and all equipment is provided. Program is led by certified Peterborough Multi-Sport Club instructors.

Participation on the first day of camp is **mandatory** for safety reasons & equipment assignment.

#### CAMP DATES:

July 4-8      August 15-19

#### PRE-FENCE SQUIRES / KNIGHT CAMP 6-9 year old children

Participants in this instructional camp will learn fencing concepts of attacking and defending through the use of light weight, foam batons or boffers. A key focus will be the development of physical literacy through balance, coordination and agility activities. Participants will learn the underpinning values of fair play, good sportsmanship and participating fully through individual and team activities. Campers will receive their own shield and boffer to take home. No previous experience is necessary and all equipment is provided. Program is led by certified Peterborough Fencing Club instructors.

#### CAMP DATES:

July 11-15      July 18-22      August 8-12

### COMING PREPARED

- Shorts and t-shirts best
- Long pants and a hoody for cool days
- Indoor running shoes (never been worn outdoors)
- Large water bottle
- Nut free lunch and snacks