



# Active Families **FENCING!**



**Learn the basics of the Olympic sport of fencing while getting fit in this free four-week course for parent/carer and child.**

Holyrood High School Sports Hall,  
Wednesdays 7-8pm  
Block 1: Feb 1, 8, 22 and Mar 1  
Block 2: Mar 8, 15, 22 and 29

Broughton High School Sports Hall,  
Fridays 5-6pm  
Block 1: Feb 3, 10, 24 and Mar 3  
Block 2: Mar 10, 17, 24 and 31

Limited places available.

Register for the course at  
<http://sallehollyrood.eventbrite.co.uk>

For more information email  
[info@sallehollyrood.com](mailto:info@sallehollyrood.com)

Salle Holyrood Fencing Club offers parents/carers and their children an opportunity to learn the basics of fencing - footwork and blade skills - for free!

All equipment and protective clothing provided.

Suitable for children 10 years and older. Please wear suitable clothing for sports - tracksuit trousers, t-shirt, sweatshirt and trainers, and don't forget to bring a bottle of water!



Funded by Comic Relief, through Foundation Scotland  
Comic Relief spends money raised by its fundraising campaigns, Red Nose Day and Sport Relief.