

## Our Coaches:

Cross Roads Fencing Center was founded by two Épée fencers to bring the exhilaration of Olympic Style Fencing to Marlborough and the surrounding area. Coaches Robert and Kathy Patterson trained to fence with former US Olympic coaches and athletes and received Coaching Certification from the US Fencing Association Coaches College at the Olympic Training Center in Colorado Springs. They and their son fence locally and continue to compete in National events across the country.

Robert and Kathy are active in the community. Robert has previously coached youth hockey. Kathy mentors middle school students in engineering.

Robert Patterson:  
USFA Certified Coach, Épée Level 1  
Nationally ranked fencer in  
Épée, Sabre, and Foil.  
Nationally ranked Épée Referee

Kathleen Patterson:  
USFA Certified Coach, Épée Level 1  
Nationally ranked Épée fencer

## Class schedule, Tuesday/Thursday:

Ages 8-12 4:30 – 6:00 PM  
Ages 13-16 6:00 – 7:30 PM  
Ages 17-Adult 7:30 – 9:00 PM  
(CRFC and USFA Membership required.)

**Introduction to fencing:** Any ½ session, \$125 for 4 weeks.

### Fees:

\$225 for 1 class/week, \$325 for 2 class/week. Paid to City of Marlborough. Non-refundable after 1<sup>st</sup> class meeting. Register at the Marlborough Recreation Department on Concord Rd or at 1<sup>st</sup> class of a session.

**USFA Membership \$60/year, paid to USFA**  
**CRFC Membership \$50/year, paid to CRFC**

### Prepare for class:

Wear T-shirt tucked into full-length sweatpants, socks, clean and dry lace-up sneakers (indoor court shoes work well).

Bring a taste for adventure, water bottle, small towel, and dry T-shirt.

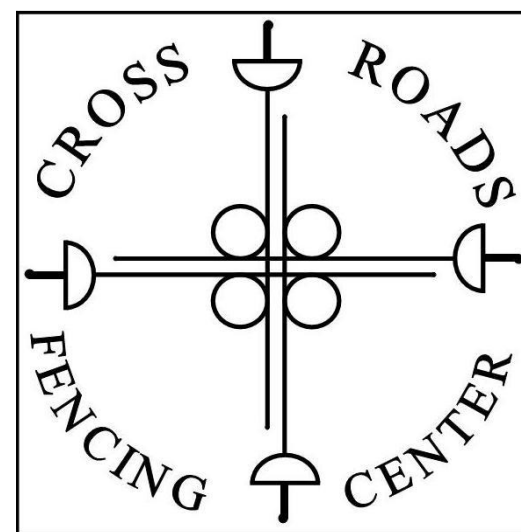
No shorts, jeans, hip-huggers, slip-on shoes or other dangerous clothing items allowed.

Cross Roads Fencing Center, LLC

Phone: 508.733.7236

[www.crossroadsfencing.com](http://www.crossroadsfencing.com)

# Olympic Fencing in Marlborough!



Marlborough, MA

## Sign up now for Épée Fencing Classes.

**Introduction to Fencing  
classes start monthly at  
Jericho Hill Lodge. Full  
details at**

[www.crossroadsfencing.com](http://www.crossroadsfencing.com)

Lunge is French for "long".

Épée is French for "sword".

# Olympic style fencing comes to Marlborough!

## Why fence?

### It's fun!

Enjoy the thrill of a sport that combines the footwork elements of boxing, the balance elements of martial arts, and the strategic thinking of a chess grand master.

## Who can fence?

### Everyone!

Boys and girls, men and women, young and old, all are welcome. Fencing is a life-long sport. Fencers are as young as 6 and well over 60. Beginning fencers are separated by age: 8-12, 13-16, and 17-adult.

## Do I need fencing equipment?

### Equipment provided!

There is no need to spend a lot of money on equipment to try the sport. Wear a T-shirt, long sweatpants, and lace-up sneakers. Beginners use club-owned fencing equipment.

## Is it dangerous?

### No!

Fencing "weapons" are not sharp and fencing "touches" are light (about 1½ pounds). Our class sizes are small to provide excellent supervision. Our coaches are United States Fencing Association certified coaches with Red Cross Training in CPR and Sports Safety, just in case. All sports carry some risk of injury.

## When can I start?

### Now!

Introduction to Fencing classes start monthly. See complete class schedule on our web site and register through the Marlborough Recreation Department today. Classes fill on a first come, first served basis. Medical Release / Wavier of Liability form and CRFC Athlete Code of Conduct form available on our web site or at the Marlborough Recreation Department office.

## Tell me more!

### Visit our web site or call today!

Cross Roads Fencing Center  
www.crossroadsfencing.com  
508-733-7236

Marlborough Recreation Department  
www.marlborough-ma.gov  
508-624-6925

## And...

**Gift Certificates! Individual Lessons! Birthday Parties! Private Groups!**