

SINGAPORE COMMUNITY PARA-FENCING PROGRAMME

Main Sabre-based Programme — Training Schedule 2026 (until Sept 2026)

Phase I (2026–2028) · One Piste, All Abilities

Venue Information

Primary Venue: Legends Fencing, 6A Shenton Way, Downtown Gallery #02-03, Singapore 068815

Default Session Times: Wednesdays 4:00 PM – 6:00 PM | Sundays 10:00 AM – 12:00 PM

Discipline: Sabre (seated / wheelchair fencing)/ Foil as secondary weapon

Session Schedule

Programme launch: Session 1 on Sunday, 31 May 2026.

Note: Wednesday sessions on 5 and 12 August are paused while the Head Coach is at the World Para Fencing Academy and Commonwealth Para Fencing Championships in Lagos.

S/No	Date	Time	Venue	Status	Notes
1	Sun, 31 May 2026	10:00 AM - 12:00 PM	Legends Fencing	Completed	Programme launch - first session
2	Wed, 3 Jun 2026	4:00 PM - 6:00 PM	Legends Fencing	Completed	
3	Sun, 7 Jun 2026	10:00 AM - 12:00 PM	Legends Fencing	Completed	
4	Wed, 10 Jun 2026	4:00 PM - 6:00 PM	Legends Fencing	Completed	
5	Sun, 14 Jun 2026	10:00 AM - 12:00 PM	Legends Fencing	Completed	
6	Wed, 17 Jun 2026	4:00 PM - 6:00 PM	Legends Fencing	Completed	
7	Sun, 21 Jun 2026	10:00 AM - 12:00 PM	Legends Fencing	Confirmed	
8	Wed, 24 Jun 2026	4:00 PM - 6:00 PM	Legends Fencing	Confirmed	
9	Sun, 28 Jun 2026	10:00 AM - 12:00 PM	Legends Fencing	Confirmed	
10	Wed, 1 Jul 2026	4:00 PM - 6:00 PM	Legends Fencing	Confirmed	
11	Sun, 5 Jul 2026	10:00 AM - 12:00 PM	Legends Fencing	Confirmed	
12	Wed, 8 Jul 2026	4:00 PM - 6:00 PM	Legends Fencing	Confirmed	
13	Sun, 12 Jul 2026	10:00 AM - 12:00 PM	Legends Fencing	Confirmed	Head Coach overseas, training

					<i>continue as usual lead by Coach Ann</i>
14	Wed, 15 Jul 2026	4:00 PM - 6:00 PM	Legends Fencing	Confirmed	
15	Sun, 19 Jul 2026	10:00 AM - 12:00 PM	Legends Fencing	Confirmed	
16	Wed, 22 Jul 2026	4:00 PM - 6:00 PM	Legends Fencing	Confirmed	
17	Sun, 26 Jul 2026	10:00 AM - 12:00 PM	Legends Fencing	Confirmed	
18	Wed, 29 Jul 2026	4:00 PM - 6:00 PM	Legends Fencing	Confirmed	
19	Sat, 1 Aug 2026	10:00 AM - 12:00 PM	Enabling Village, Enabling Academy Classrooms 4-4 and 4-5	Taster	<i>"One Piste, All Abilities" taster session / experienced parafencers are highly encouraged to attend</i>
20	Sun, 2 Aug 2026	10:00 AM - 12:00 PM	Legends Fencing	Confirmed	
—	Wed, 5 Aug 2026	—	—	No Training	<i>No Wednesday session. Head Coach at World Para Fencing Academy, Lagos</i>
—	Sun, 9 Aug 2026	—	—	No Training	<i>National Day - public holiday, no class</i>
—	Wed, 12 Aug 2026	—	—	No Training	<i>No Wednesday session. Head Coach at Commonwealth Para Fencing Championships, Lagos</i>
21	Sun, 16 Aug 2026	10:00 AM - 12:00 PM	Legends Fencing	Confirmed	
22	Wed, 19 Aug 2026	4:00 PM - 6:00 PM	Legends Fencing	TBC	
23	Sun, 23 Aug 2026	10:00 AM - 12:00 PM	Legends Fencing	Confirmed	
24	Wed, 26 Aug 2026	4:00 PM - 6:00 PM	Legends Fencing	Confirmed	
25	Sun, 30 Aug 2026	10:00 AM - 12:00 PM	Legends Fencing	Confirmed	
26	Wed, 2 Sep 2026	4:00 PM - 6:00 PM	Legends Fencing	Confirmed	

27	Sat-Sun, 5-6 Sep 2026	Full day	Singapore Sports School	Showcase	<i>FS Open National Wheelchair Fencing Showcase. Day 1 and Day 2 - Fencing Singapore Open</i>
28	Wed-Thu, 9-10 Sep 2026	6 hrs/day	Legends Fencing	Camp	<i>Development Camp. Day 1 and Day 2 delivered by Coach Alex Andre (Sydney Para Fencing)</i>
29	Wed, 16 Sep 2026	4:00 PM - 6:00 PM	Legends Fencing	Confirmed	
30	Sun, 20 Sep 2026	10:00 AM - 12:00 PM	Legends Fencing	Confirmed	
31	Wed, 23 Sep 2026	4:00 PM - 6:00 PM	Legends Fencing	Confirmed	
32	Sun, 27 Sep 2026	10:00 AM - 12:00 PM	Legends Fencing	Confirmed	
33	Wed, 30 Sep 2026	4:00 PM - 6:00 PM	Legends Fencing	Confirmed	

Legend

- **Confirmed** Venue and time are confirmed.
- **Venue TBC** Venue or details pending confirmation.
- **Taster** "One Piste, All Abilities" taster / outreach session at an external venue.
- **Showcase** National showcase event; not a regular training session.
- **No Training** Session cancelled, e.g. public holiday.

Note: The above schedule is subject to changes. Advance notice will be provided and announced on the group chat. For queries, contact the Program

Singapore Community Para-Fencing Programme

SPD 8-Week Programme | Training Schedule 2026

Phase I (2026 to 2028) | One Piste, All Abilities

Programme Overview

This 8-week programme runs in partnership with SPD. It follows a structured sabre pathway built for progression, from first contact with the sport through to a closing competition. Sessions are designed for seated and wheelchair fencing.

Sessions begin with adaptive fencing equipment so every participant can take part safely from day one. As athletes build skill and confidence, the goal is to transition them to standard para-fencing gear once they are ready.

All equipment and coaching are provided at no cost to participants.

Venue and Timing

Sessions 1 to 6: SPD Headquarters

Sessions 7 and 8: Legends Fencing, 6A Shenton Way, Downtown Gallery #02-03, Singapore 068815

Session times: Wednesdays, 10am to 12pm (two hours each)

Discipline: Sabre (seated / wheelchair fencing)

Transport: Transport to Legends for Sessions 7 and 8 is arranged by SPD at their own expense.

Note: there is no session on 10 June.

Session Schedule

S/No	Date	Time	Venue	Focus
1 Completed	Wed, 3 Jun 2026	10am to 12pm	SPD Headquarters	Week 1: Introduction to Para-Fencing
2 Completed	Wed, 17 Jun 2026	10am to 12pm	SPD Headquarters	Week 2: How to Move and Safety
3	Wed, 24 Jun 2026	10am to 12pm	SPD Headquarters	Week 3: Poule and DE Format
4	Wed, 8 Jul 2026	10am to 12pm	SPD Headquarters	Week 4: Tactics of Sabre
5	Wed, 15 Jul 2026	10am to 12pm	SPD Headquarters	Week 5: Playing the Sabre Game
6	Wed, 22 Jul 2026	10am to 12pm	SPD Headquarters	Week 6: Mental Stamina, 15-Point Bout
7	Wed, 19 Aug 2026	10am to 12pm	Legends Fencing	Week 7: Competition Week 1
8	Wed, 26 Aug 2026	10am to 12pm	Legends Fencing	Week 8: Competition Week 2

Sessions 7 and 8 (highlighted) move to Legends Fencing, our training home, so participants can train in a full fencing club setting

Singapore Community Para-Fencing Programme

CPAS 8-Week Programme | Training Schedule 2026

Phase I (2026 to 2028) | One Piste, All Abilities

Programme Overview

This 8-week programme runs in partnership with CPAS. It follows a structured sabre pathway built for progression, from first contact with the sport through to a closing competition. Sessions are designed for seated and wheelchair fencing.

Sessions begin with adaptive fencing equipment so every participant can take part safely from day one. As athletes build skill and confidence, the goal is to transition them to standard para-fencing gear once they are ready.

All equipment and coaching are provided at no cost to participants.

Venue and Timing

Sessions 1 to 7: CPAS

Session 8: Legends Fencing, 6A Shenton Way, Downtown Gallery #02-03, Singapore 068815

Session times: Fridays, 3pm to 5pm (two hours each)

Discipline: Sabre (seated / wheelchair fencing)

Transport: Transport to Legends for Session 8 is arranged by CPAS at their own expense.

Session Schedule

S/No	Date	Time	Venue	Focus
1	Fri, 3 Jul 2026	3pm to 5pm	CPAS	Week 1: Introduction to Para-Fencing
2	Fri, 17 Jul 2026	3pm to 5pm	CPAS	Week 2: How to Move and Safety
3	Fri, 21 Aug 2026	3pm to 5pm	CPAS	Week 3: Poule and DE Format
4	Fri, 28 Aug 2026	3pm to 5pm	CPAS	Week 4: Tactics of Sabre
5	Fri, 4 Sep 2026	3pm to 5pm	CPAS	Week 5: Playing the Sabre Game
6	Fri, 18 Sep 2026	3pm to 5pm	CPAS	Week 6: Mental Stamina, 15-Point Bout
7	Fri, 2 Oct 2026	3pm to 5pm	CPAS	Week 7: Competition Week 1
8	Fri, 9 Oct 2026	3pm to 5pm	Legends Fencing	Week 8: Competition Week 2

Session 8 moves to Legends Fencing, our training home, so participants can train in a full fencing club setting.

Singapore Community Para-Fencing Programme

TTSH Adaptive Para-Fencing Programme | Monthly Schedule 2026

Phase I (2026 to 2028) | One Piste, All Abilities

Programme Overview

This programme runs monthly in partnership with Tan Tock Seng Hospital (TTSH), as part of the Integrated Care Hub's adaptive sports programme. It offers a first touch of adaptive para-fencing in a supported, accessible setting, designed for seated and wheelchair fencing.

Sessions use adaptive fencing equipment so every participant can take part safely from the very first session. The focus is on movement, confidence and enjoyment, with coaching adapted to each participant.

All equipment and coaching are provided at no cost to participants.

Venue and Timing

Venue: Tan Tock Seng Hospital, Integrated Care Hub

Schedule: Monthly, August to December 2026 (one session per month)

Session times: Wed Afternoon (exact time to be confirmed)

Discipline: Adaptive para-fencing (seated and wheelchair)

Session Schedule

S/No	Month	Date	Time	Venue
1	August	Wed, 19 Aug 2026	PM (to be confirmed)	TTSH Integrated Care Hub
2	September	<i>To be confirmed</i>	<i>To be confirmed</i>	TTSH Integrated Care Hub
3	October	<i>To be confirmed</i>	<i>To be confirmed</i>	TTSH Integrated Care Hub
4	November	<i>To be confirmed</i>	<i>To be confirmed</i>	TTSH Integrated Care Hub
5	December	<i>To be confirmed</i>	<i>To be confirmed</i>	TTSH Integrated Care Hub

The first session is confirmed for 19 August 2026, with the afternoon timing to be confirmed. Dates and times for September to December are being finalised with TTSH and will be updated once confirmed.