



# LUDUS FENCING STUDIO

## STAND UP, WHEELCHAIR & BLIND FENCING



### Why Fencing?

- Fencing is a lifelong sport.
- Gain mental focus, build core muscle strength, improve reaction time
- A perfect activity for youth and adults: it combines an exciting rigorous physical activity with an intricate mental game and requires a constant exercise of emotional control.

Ludus Fencing Studio works with a variety of athletes in a welcoming, inclusive environment, including those with I/DD, low vision, and physical disabilities, and we are well versed in adapting the sport to work for your needs.



## Access & Added Support

### To Get Started:

1. Call Ludus owner, Coach Semion, to set up a free introductory lesson.
2. Your intro visit will be about 30 minutes and includes an orientation to the studio and available options for fencing: standing or using the wheelchair fencing frames.
3. After that, when you return, you will know what to expect and can start your lessons, explore group options, and become part of the family at Ludus!

**Ludus Fencing Studio** is a Rochester Accessible Adventures (RAA) Inclusion Partner and has committed to building a culture of inclusion and accessibility throughout their business operations. Scan the QR code or go to [RochesterAccessibleAdventures.org](http://RochesterAccessibleAdventures.org) for information.



Inclusion Partner with



We are proud to be making inclusion happen!

**CONTACT US**

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