



Learn to Curl Program



What is it?

NO EXPERIENCE NECESSARY

- *Recreational program and league
- *10 weekly instruction sessions on curling basics
- *Additional optional 10 weeks of coached games with new curlers
- *A great way to meet people, have fun, and exercise in the winter

When is it?

- *Starts Monday, October 21, 2024 @ 6:30pm
- *Continues each Monday following until January 6, 2025
- *Weekly sessions 1.5-2 hours per session
- *Optional league play week commences Monday, January 12-March 17, 2025

What equipment do I need?

- *Clean running shoes
- *Warm, comfortable clothing that allows you to stretch
- *Mittens or gloves
- *The Club can provide all other equipment needed (Broom, stabilizer, slider)
- *The Club will provide advice on what to buy if you choose to

What will I learn?

- *How to curl safely, how to move safely on the ice
- *How to throw a rock and sweep
- *An understanding of how the rock curls and the roll of sweeping
- *Rules of curling
- *Curling etiquette, lingo and practices



How much does it cost?

- \$200+HST for the 10 weeks of instruction
- \$300+HST for the optional 10 weeks of league play

How do I sign up or where do I get more info?

www.brockvillecountryclub.com

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