



TIMMINS NEW HORIZONS SENIORS' CURLING

CURLING CLINIC

**FREE TO ALL MEMBERS
AND POTENTIAL
MEMBERS**

**Never played the game and
want to learn??** This is the time
and place, among friends.

**Novice curler wanting to refresh
your skills??** Come out and
reacquaint yourself with the
techniques.

**Skilled curler wanting to
improve your game???** Come
out and find out why your in
turn went out. Share your
expertise with newer members.

**Concerned about your
knees/back???** Learn to use the
stick and extend your curling
career.

COME JOIN THE FUN

**Learn to Curl in 4 afternoon
sessions**

Tuesdays and Thursdays

Oct 31, Nov 2, 7 & 9

1:00 PM to 3:00 PM

**Warm clothing and clean shoes
that grip the ice are required.**

**Bring your own equipment if
you have it or we will provide
sliders and brushes**

***SIGN UP on the
SHEET BELOW***

PROGRAM

**This program is tentative and may
be adjusted depending on the
participants needs.**

**Day 1: introduction to the game,
the equipment, the rocks, safety,
basic rules etc. and throw a few
rocks to get the feel of it. Q&A's**

**Day 2: Refresh from Day 1.
Delivery (slide, modified slide,
stick), line of delivery, release,
introduce turns. Skills Challenge.
Q&A's**

**Day 3: Refresh from Day 2.
Turns, weight control, putting it
all together. Skills Challenge.
Q&A's**

**Day 4: Refresh from Day 3.
Sweeping, positioning on the ice,
Miscellaneous questions?
Skills Challenge. Q&A's**