



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 5 afternoon sessions

**Oct 24,25,26,31
Nov 1**

1:30 PM to 3:30 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

**For Information contact
Greg Wilson
705-363-8742**

PROGRAM

This program is tentative and may be adjusted depending on the # of participants and skill level

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

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

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

Day 4: STICK curling. Rules, line of delivery, approach, release, finding yourself, practice. Challenge.

Day 5: Refresh Day 3. Sweeping, positioning on the ice, Misc. questions or concern. Challenge.