



# TIMMINS NEW HORIZONS SENIORS' CURLING

## CURLING CLINIC

**INCLUDED with your Membership**

**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**

**Oct 29,30,31 & Nov 5**

**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 ice, the rocks, safety, terminology, basic rules etc. Q&A's

**Day 2:**  
Refresh Day 1. Delivery- Slide/ Modified Slide or Stick. Rules, line of delivery, approach release, turns. Q&A's

**Day 3:**  
Refresh Day 2. Sweeping, positioning on ice. Introduction of Strategy. Q&A's

**Day 4:**  
Review any aspect of the Clinic. Q&A's. Modified Game scenario.