



LEARN TO CURL

6 WEEK PROGRAM

COACHES:
SUE WESTWOOD & DAVE HENDERSON

To register or for more information
Contact

info@penetangcurlingclub.com

Or

705-549-8981

What you will learn?

Classroom sessions

- Curling Etiquette
- General Rules
- Scoring
- Basic Strategy

On Ice sessions

- Slide
- Importance of Balance
- Posture During the Delivery
- The Line of Delivery
- Proper Grip and Stone Delivery
- The Different Releases
- Brushing Techniques

When:

Sunday, October 25th –
November 29th

Time:

10:00AM – 12:00PM

Cost:

\$100.00 + HST

For: Women and Men over the age
of 20

