

TRY SOMETHING NEW THIS FALL
LEARN TO CURL

Getting Started in Curling

**Week 1 – Introduction to Curling
and First Lesson**

STARTS OCT 18 REGISTER ONLINE
PARISCURLINGCLUB.COM



Agenda

- The League
- Why Curling?
- The Club
- Weekly Lesson Plan
- Equipment
- Curling Etiquette
- Lets head to the ice!



The League

- The program was designed by Curling Canada to teach adults to learn to curl
- No experience necessary, designed for new curlers
- Focus on instruction for the first 10 weeks
- Learn the basics the right way – with quality instruction



Why do people like Curling?

- Learn a new sport
- Meet new people
- Great exercise
- Inexpensive
- Any age can play
- Leagues for everyone – mixed, open, mens, ladies, seniors and juniors
- Can be a competitive and/or recreational experience
- Winter weather non-factor
- Social component at all levels
- Very popular in Canada



Introduction to the Curling Club

- [Add specific information about your curling club here – ex. Hours of operations, kitchen hours, parking information, locker room information, volunteering opportunities, club events, information about leagues etc.]



Weekly Lesson Schedule

- Week 1 – Introduction
- Week 2 – Three Step Delivery
- Week 3 – Five Step Delivery
- Week 4 – Releases and Grips
- Week 5 – Line of Delivery
- Week 6 – Review and Practicing the Delivery
- Week 7 – Weight Control
- Week 8 – Weigh Judgement
- Week 9 – Six End Game
- Week 10 – Six End Game



Goal

- To have fun and teach you the basics of curling, so you can successfully play in an adult league
- To learn in a safe and supportive environment



Equipment

- What you need to bring every night:
 - Comfortable clothes
 - Stretchy pants, loose jacket (no jeans)
 - Mittens and/or gloves (hat if you're cold, no scarves)
 - CLEAN running shoes (not worn outside/street shoes)



Curling Etiquette

- Be on time!
- Curling is all about sportsmanship
- Handshake (before & after) the game
- Coin Flip to decide who throws a rock first during a game
- Positive talk on ice – “nice shot”
- Stand to side when not shooting (like golf)
- Never been an on-ice fight
- Winners buy losers a drink (reciprocate)



Schedule – Week 1

- On-ice familiarization (This isn't hockey!)
- Introduction to Curling Ice (Pebble)
- Introduction to Curling Rocks
- How to use grippers and sliders
- How to sweep
- Everyone throws a rock tonight!



Questions?

