Adult Learn to Curl Winter Session 2022

Learn to Curl Dates and Times

- January 11th, 2022
- January 18th, 2022
- January 25th, 2022
- February 1st, 2022
- February 8th, 2022
- February 15th, 2022
- February 22nd, 2022
- March 1st, 2022

All Sessions are from 6:30 – 8:00 pm

Weekly Lesson Layout

- **Week One** – Introduction and Sliding
- **Week Two** – Line of Delivery, Grip, and Turns
- **Week Three** – Draw Weight and Sweeping
- **Week Four** – Rock Management and Weight Control
- **Week Five** – Line Calling and Ice Reading
- **Week Six** – Basic Strategy and Gameplay
- **Week Seven** – Etiquette and Gameplay
- **Week Eight** – Gameplay

Your Coach

Sarah Brown

- Former Competitive Level Women's and Mixed Curler
- Current Competitive Level Mixed Doubles Player
- Four Year Program Coordinator and Coach at the Sherwood Park Curling Club
- Two Year Manager of the Rose City Curling Club in Camrose
- Second Year Manager of the Avonair Curling Club

I LOVE curling and I love to teach curling

Contact – info@avonaircurlingclub.com

Things to Remember

- Please bring your clean shoes every week!
- All lessons are important – please try to be on time and attend them all
- All questions are good questions
- Keep your attitude positive! This sport is hard, but a positive attitude will make it easier
- Almost anyone can learn to curl – give us time and we'll get you there!