



Calgary Curling Club Fall 2019

Junior Curling Programs

Lite Rock Program

Ages 7 to 11

Saturdays:

2:30 to 3:20pm

or

3:30 to 4:20pm

Fall Session: \$65 (plus GST)
8 Weeks – Oct 19 to Dec 14
(Excluding Nov 9)

In this program participants use “Lite Rocks” which are similar in size to regular rocks but are lighter so they require less effort to deliver them.

The program consists of instruction and play time in game-like situations but the primary focus is on fun and skill development.

Brooms and sliders are provided. All participants must wear helmets and clean, soft-soled shoes. It gets chilly on the ice so please ensure your child is dressed appropriately.

It is expected that an adult responsible for your child be at the club while your child is on the ice.

Big Rock Program

Ages 11 to 17

Saturdays: 12:35 to 2:20pm

Fall Session: \$92 (plus GST)
8 Weeks – Oct 19 to Dec 14
(Excluding Nov 9)

Ideal for children coming out of the Lite Rock program or for new curlers. The program consists of instruction, skill development and games.

(11 year olds registering for this program must have completed a season in our Lite Rock program)

Brooms and sliders are provided. All participants must wear clean running shoes.

There will be times that participants of Big Rocks will integrate with Junior participants.

Juniors

Ages 13 to 17

Saturdays: 12:35 to 2:20pm

Fall Session: \$92 (plus GST)
8 Weeks – Oct 19 to Dec 14
(Excluding Nov 9)

This program is for teens who have participated in our Big Rock program and/or have demonstrated the required skill level.

The purpose of this program is to introduce youth to game play in a nurturing atmosphere.

The session will begin with some instruction and assessment. A larger portion of time will focus on game play. Participants will be coached and given pointers by an instructor who will monitor the games. Time will be allotted for mainly game play.

There will be times that participants of Juniors will integrate with Big Rock participants.

Registration for the Fall 2019 programs begin September 10, 2019



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