

Instructional Programs

To grow our membership numbers, skills and promote the sport of curling we strive to provide learning opportunities for all ages and abilities.

The two major programs that run throughout the season are the **Youth Curling Program** and **Adult Learn to Curl**

Shorter sessions for individuals or groups to **Try Curling** are scheduled periodically during the season

Common Tasks

Coaches

- ❖ Complete a formal coaching certification or training
- ❖ Help prepare lessons
- ❖ Lead instruction both off and on the ice

Assistant Coaches

- ❖ Experienced curlers who have not yet completed a formal coaching certification or training
- ❖ Assist with on ice activities under the direction of a coach

Program Support

- ❖ Help organizer with administrative tasks
- ❖ Serve refreshments
- ❖ Mentor a new member