



**Join us for our FREE clinics being held  
Wednesday & Thursday, October 15<sup>th</sup> & 16<sup>th</sup>, from 7:00 P.M. to 9:00 P.M**

For your convenience, our clinics will be held on two evenings. We welcome you to attend either evening or both. Pre registration is not required but would be helpful to us in addressing your skill level and ensuring we have an adequate number of instructors for the evening. Our clinics are designed for everyone whether you are a novice curler, never curled before but are thinking about giving it a try or have only curled a few times.

We will be showing an instructional video featuring Canadian Champing & Olympic Silver Medal winner, Kevin Martin starting at 6:30 if you want to come early. This is a good review of the “no lift” method of delivering the curling stone.

Anyone attending the clinics can participate in our opening fun spiel. This gives the new curler the opportunity to put into practice in a game situation what you learn at the clinics. This is also a great opportunity to meet other members of our club who will be more than happy to put into practice what we preach; & that is, curling is a SOCIABLE sport.

Some tips if you are planning to attend the clinics;

- Wear comfortable clothes such as sweat pants or loose fitting pants, sweat shirt or warm sweater,
- If you do not have curling shoes, wear or bring along with you sneakers or very comfortable “SOFT” soled shoes. Although curling ice is different than hockey ice, it can get slippery,
- Bring along a pair of gloves. Although the ice area is heated & you will discover that it is a comfortable atmosphere, it can get a might chilly.

We supply the push brooms & sliders.

If you would like to pre register for our clinics, you can contact our friendly staff at 455-1444, fax us at 431-5205, by Email at: [cfbhfxcurling@eastlink.ca](mailto:cfbhfxcurling@eastlink.ca)

After registering please print the form on page 2 and fill it out & bring with you to the clinic.

