

## Youth Curling 2021

Winter Season

October – March

Curling Information



### Little Rock Program

Little rocks is offered Sunday afternoon from 1pm-2pm. Starting at the age of 6, this program focuses on the basic fundamentals required to learn the correct stance position, sliding, and sweeping.

### Bantam Program

This is a 2 & ½ hour weekly program on Sundays starting at 1:30 until 4pm. This includes off-ice instruction learning rules, etiquette, and strategy. On-ice instruction includes skill-building drills to use in-game situations.

### Helmets

The Canadian Curling Association (CCA) has implemented a rule that all children and under are required to wear a helmet that passes CSA testing while on the ice. Parents of teens over the age of 12 may sign a waiver to exempt their use of a helmet while on the ice.

### Clothing

All youth will be asked to bring only clean footwear or curling shoes for the ice surface. They will also be required to wear athletic comfortable clothing ( no jeans, or dress pants). All children should have mittens or gloves for gameplay.

