



Learn To Curl

Learn To Curl sessions for adults (ages 18 and up) are offered Sunday afternoons in the fall and winter. The five-week program includes individual instruction and practice time as well as the opportunity to play actual games.

Fee: \$60/person for the five week program
This includes the use of all equipment

Learn To Curl sessions run in the fall, October through November, and winter, January through February.

To register, or for more information, please email your name and contact information to: learn2curl@rochestercurling.org.
Enrollment is limited, so please register early.

Group Instruction

The club provides Team Building and Group Curling is for groups of 16 or more at a cost of approximately \$20 per person. See "Private Parties" on the website.
Contact: groups@rochestercurling.org

Participants for Learn to Curl and Groups should dress in layers, including light gloves and flexible athletic pants. Please carry in clean sneakers.

They make it look so easy on TV!

Can it be that hard?

Easy to learn, hard to master...in this, curling is much like the other game devised by the Scottish...golf!

Why do curling stones curl?

While there is some debate on the physics involved, interaction between the running surface of the rotating stone and the "pebbled" ice creates lateral movement.

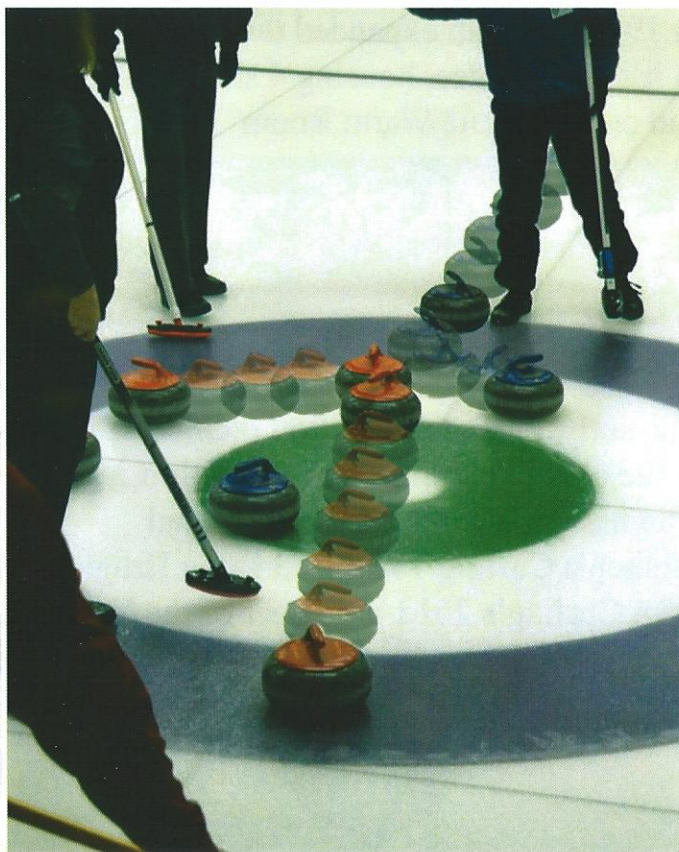
What does sweeping do to a moving stone?

Sweeping heats the ice with friction and creates a water layer that reduces friction and makes the stone go farther and straighter.

How heavy is a curling stone?

Do I need to be able to pick it up?

About 42 pounds. No...save your back..



Curling Is For Everyone!

The Rochester Curling Club has members from 5 to 85 years of age and skill levels from novice to the US National Team.

From October to April, league play is available for:

- Competitive Women's Teams
- Competitive Men's Teams
- Competitive Mixed Teams
- Recreational Mixed Teams
- Social Curling (no formal teams)
- College Curling
- Junior Curling
- Weekday Daytime Curling
- Novice League

Junior Curling

A junior program is available for participants under the age of 18; for more information, please visit the website at: <http://www.rochestercurling.org/youth.htm>