LEARN TO CURL!

Girls and boys ages 6 to 19

Great teamwork sport

No expensive equipment needed for lessons, just clean athletic shoes*

Lessons include ice time, instruction and equipment

Sign up starts August 1/25

*Helmets designed for ice sports are required for children 12 and under; otherwise they are recommended but not mandatory.



PROGRAMS SEPTEMBER 2025 TO APRIL 2026

"TRY CURLING" @ OPEN HOUSE DAYS

Try Curling sessions are offered during our Open Houses. They include ice time, equipment* and instruction. Cost is \$5 per adult, FREE for kids under 12. Schedule varies, but generally 10 am to 2 pm.

October 4 & 5 November 16 January 10 & 11 March 7 & 8 March 15

*Please bring clean indoor athletic shoes.
Helmets designed for ice sports are required for children 12 and under; otherwise they are recommended but not mandatory.

"LEARN TO CURL"

These 5 week sessions are offered Mondays from 6 pm to 7 pm. Fee includes ice time, equipment* and instruction.

Session #1: October 6 Session #2: November 17 \$125 per curler

*Please bring clean indoor athletic shoes.
Helmets designed for ice sports are required for children 12 and under; otherwise they are recommended but not mandatory.

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"LITTLE ROCKERS" AGES 6 to 10

The Little Rockers league runs for 20 weeks and is for new young curlers.

Starts October 1

Wednesdays from 4 pm - 5 pm

Fee \$125 per curler

All equipment and instruction/supervision is included except shoes and helmets. Curlers must provide clean indoor athletic shoes and helmets designed for ice sports.

No bike helmets, please.

"JUNIOR MONDAYS"

Our Junior Mondays league for boys and girls ages 11 to 19 runs 21 weeks.

Starts September 29

Mondays 4:00 pm to 5:30 pm

Fee \$160 per curler

All equipment/instruction provided except shoes and helmets. Shoes must be clean indoor athletic shoes. Helmets designed for ice sports are required for children 12 and under; otherwise they are recommended but not mandatory.

RESERVE YOUR SPOT ONLINE STARTING AUGUST 1, 2025

We have 22 leagues for players of different ages and skill levels. Find out more at

www.abbotsfordcurling.com