



**Buckingham Curling Club**  
 626 Buckingham Avenue, P.O. Box 2833, Gatineau, QC, J8L 2X2  
 Telephone : (819) 986-3781 Internet : curlingbuckingham.com  
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## Learn-to-Curl for adults - beginner and intermediate levels

### Registration Form 2025-2026

(1 form per person)

**Ascension** is a learn-to-curl program for adults aged 18 and over. The program is divided into 4 levels with 8 weeks of instruction each. The main goal of the program is to learn basic curling techniques aiming at a recreational level. The training sessions last 120 minutes and are divided into 4 parts: off-ice learning time, on-ice learning time, playing time and stretching. Participants who complete all 4 levels will achieve an intermediate level of play.

**New members who register for Level 1 are entitled to a \$60 discount** on the cost of registration for one of the various annual memberships offered by the Club. One discount per person. We recommend completing Level 1 before signing up for a league.

		Check (✓)	Cost
<b>Level 1 - Beginner &lt;&lt;Curling 101&gt;&gt;</b>			
<b>Who :</b> For those who have never played curling and would like to learn.			<b>185 \$</b>
<b>What :</b>			
<ul style="list-style-type: none"> <li>● Game orientation</li> <li>● Ethics</li> <li>● Terminology</li> </ul>	<ul style="list-style-type: none"> <li>● Basic slide position</li> <li>● Sliding with a stabilizer</li> <li>● Types of shots</li> </ul>		
<b>Level 2 - Advanced beginner &lt;&lt;Curling 201&gt;&gt;</b>			
<b>Who :</b> For those who know the basics and want to learn more and see improvements.			<b>185 \$</b>
<b>What :</b>			
<ul style="list-style-type: none"> <li>● Revision of basic slide position</li> <li>● Two-player brushing</li> </ul>	<ul style="list-style-type: none"> <li>● Communication and signals</li> <li>● Weight control</li> </ul>		
<b>Level 3 - Intermediate &lt;&lt;Curling 301&gt;&gt;</b>			
<b>Who :</b> For league players who know how to play but are looking to improve their knowledge and technique.			<b>185 \$</b>
<b>What :</b>			
<ul style="list-style-type: none"> <li>● Sliding with a broom</li> <li>● Closed position brushing</li> <li>● Using a stopwatch</li> </ul>	<ul style="list-style-type: none"> <li>● Angles of play</li> <li>● Player roles</li> <li>● Routines</li> </ul>		
<b>Level 4 - Advanced Intermediate &lt;&lt;Curling 401&gt;&gt;</b>			
<b>Who :</b> For regular players interested in competing or just taking their game to the next level.			<b>185 \$</b>
<b>What :</b>			
<ul style="list-style-type: none"> <li>● Sliding with balance</li> <li>● Closed position brushing (both sides)</li> </ul>	<ul style="list-style-type: none"> <li>● Effective brushing (4 key points)</li> <li>● Weight judgment and communications</li> </ul>		
<b>Contact information</b>			
<b>Name</b>		<b>Surname :</b>	
<b>Date of birth :</b> Day _____ Month _____ Year _____		<b>Gender (check)</b> Masculin <input type="checkbox"/> Feminin <input type="checkbox"/> Non-Binary <input type="checkbox"/> Other <input type="checkbox"/>	
<b>Address : (civic address) * An email address is required to receive official communications.</b>			
<b># and street name</b>		<b>Town</b>	<b>Postal code</b>
<b>Telephone</b>		<b>Email address *</b>	
<b>Payment method</b>			
<ul style="list-style-type: none"> <li>● Return completed form with payment to the bar attendant or treasurer or mail it to the attention of the treasurer, with a cheque payable to <i>Club de curling de Buckingham Inc.</i></li> <li>● Payment by Interac (debit card only) is possible at the bar.</li> <li>● A receipt may be issued upon request and for all cash payments.</li> </ul>			

Signature \_\_\_\_\_

Date : \_\_\_\_\_