



Buckingham Curling Club
 626 Buckingham Avenue, P.O. Box 2833, Gatineau, QC, J8L 2X2
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Learn-to-Curl for adults - beginner and intermediate levels
Registration Form 2026-2027
 (1 form per person)

Ascension is a training program structured into four levels, each lasting six weeks. It is designed to teach the basic techniques of curling. This program is intended for adults aged 18 and older who want to learn to curl or improve their game. Each level consists of 16 hours of instruction, consisting of 6 sessions of 2 hours and 30 minutes each per week, plus a one-hour (1-hour) theory session on curling safety and ethics. The sessions are divided into four parts: off-ice instruction, on-ice instruction, game play, and stretching. Each level focuses on teaching specific techniques of varying levels of difficulty. Completing one level is not necessarily a prerequisite for the next. The main objective is to learn the skills needed to compete at an intermediate recreational level.

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
Level 1 - Beginner <<Curling 101>>			
Who : For those who have never played curling and would like to give it a try and learn the basics of the sport.			185 \$
What : ● Game orientation ● Ethics ● Terminology ● Basic slide position ● Sliding with a stabilizer ● Types of shots ● Open position brushing ● Strategy (basic)			
Level 2 - Advanced beginner <<Curling 201>>			
Who : For those who know the basics but want to learn more and improve their skills.			185 \$
What : ● Revision of basic slide position ● Two-player brushing ● Communication and signals ● Weight control ● Take-outs ● Strategy and tolerance			
Level 3 - Intermediate <<Curling 301>>			
Who : For league players who know how to play but are looking to improve their knowledge and technique.			185 \$
What : ● Sliding with a broom ● Closed position brushing ● Using a stopwatch ● Angles of play ● Player roles ● Routines ● Strategy and tactics (conservative, aggressive) ● Tournament play			
Level 4 - Advanced Intermediate <<Curling 401>>			
Who : For those who play regularly, are interested in competition, and are looking to improve their game.			185 \$
What : ● Sliding with balance ● Closed position brushing (both sides) ● Effective brushing (4 key points) ● Weight judgment and communications ● Strategy (intermediate) ● Establishing a game plan			
Contact information			
Name		Surname :	
Date of birth : Day _____ Month _____ Year _____		Gender (check) Masculin ☐ Feminin ☐ Non-Binary ☐ Other ☐	
Address : (civic address) * An email address is required to receive official communications.			
# and street name		Town	Postal code
Telephone		Email address *	
Payment method			
● 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> ● You can pay at the bar with a debit or credit card. ● A receipt may be issued upon request and for all cash payments at the bar.			

Signature _____

Date : _____