





Activity Plan for Curling

Week 1			
Activity	How many or how long	How many days	Instructions
Curling 	30 mins	Total for the week	Contact your local curling club to see if you can try to learn a bit about curling. Most curling clubs have special times for kids who are learning to curl. Sometimes, the children's classes are called "Little Rocks" (because the kids use rocks that are much lighter but the same size as the adult rocks). See if you can find a curling club near your house that has lessons for kids.

Week 2			
Activity	How many or how long	How many days	Instructions
Curling 	30 mins	Total for the week	Go curling again this week. See if you can throw at least five rocks while you are playing. Contact a Curling Club near your house to see if you can try learn a bit about curling. Most curling clubs have special equipment for youths to make it easier to curl.

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Week 3			
Activity	How many or how long	How many days	Instructions
Curling 	30 mins	Total for the week	Go curling again this week. Curling can be a really fun sport but it's a little hard at first. Keep trying and soon you'll find that it's really fun!

Week 4			
Activity	How many or how long	How many days	Instructions
Curling 	30 mins	Total for the week	Go curling again this week. If you are starting to enjoy curling a lot, find out if there is a curling club near your house that will have a day camp during the school holidays.