

Guide to Curling Instruction, Leagues & Membership At the Pembroke Curling Centre

The Pembroke Curling Centre welcomes all curlers and all those interested in learning to curl. Curling begins after the Thanksgiving weekend and runs until early April (weather dependent).

A. Instruction

Adult Instruction: Learn to Curl

In the fall of 2023, the Pembroke Curling Centre (PCC) will offer two Learn to Curl (L2C) sessions, modelled from the teaching guides of Curl Canada. Each session is comprised of 8 two-hour lessons. Both on and off-ice instruction is provided by experienced curlers.



At the end of the 8 lessons, students will know how to throw, sweep, and play a game, learn basic curling terminology and etiquette, and be ready to register for leagues for the 2nd half of the season and participate in fun bonspiels. Since 2014, the PCC has provided L2C instruction for nearly 500 members of our community.

The PCC provides L2C program participants with curling brooms, sticks, stabilizers, shoe sliders and shoe grippers for the period of instruction (these are PCC property).

Participants must provide clean running shoes to wear on the ice and warm gloves and clothing. It is best to dress in layers as there is both on and off-ice instruction.

Participants are also encouraged to wear helmets when they are on the ice. This could be a bike, ski or hockey helmet.



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The *Senior L2C session* is held once a week on Monday afternoon and is geared to curlers aged 55+. Instructors provide training for both the traditional “crouch and slide” delivery method, as well as the “stand and walk” stick delivery method (like shuffleboard). The stick delivery option enables those with joint or back issues to play this roaring game well into their old age!

The *Adult L2C session* is held on Saturday morning – depending on the number registered, there may be an afternoon group too. All adults aged 18+ can register for the Saturday session. As for Senior L2C, both traditional and stick delivery methods are taught.



Traditional delivery of the stone



Stick delivery of the stone

B. League Play

All curling that is not instruction-based takes place in leagues. Members of the Pembroke Curling Centre who are not registered in the Learn to Curl program, are invited to select one or more leagues to play in, based on their membership category. The various categories of membership are set out on the [table of membership options](#) and described further below.

Adult Curling Leagues & Sparring

Adult curling leagues run Monday-Friday, and Sunday, and take place during daytime and evening hours. There are mainly two types of leagues; though there is a casual league as well:

Recreational/Social – these adult leagues are comprised of teams that compete in round-robin play vs. other teams in the same league on a “draw” (or round) basis. Teams are formed from the list of players that register to play in the league. One “draw” typically consists of 7-8 games, and at its end, a winning team is declared based on its win-loss game record. A sign-up sheet for the next draw is posted a couple of weeks before the end of the current draw, and from those names, new teams are formed for the next draw. In all recreational leagues, the focus is on fun, social connections, and improving curling skills. Almost all leagues at the PCC are recreational/social in nature and welcome adult curlers of all ages. Some leagues play 6 ends (like innings in a ball game), while others play 8. Fifteen minutes is allotted to play each end, or 2 hours for an 8-end game.

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Competitive – these adult leagues are comprised of teams that compete in round robin play throughout the full season (October – April) and do not change. Registration for competitive leagues is by team (not by individual curler), but anyone can put their name on the spare list to curl in these leagues. Typically, more experienced curlers take part in these leagues. Competitive leagues are scheduled for Monday night and Thursday afternoon.

Other – There is another kind of recreational league for PCC members held on Tuesday and Thursday mornings at 8:30 am. This is a casual league with teams formed from those that show up on the day. A maximum of 6 ends are played. Many graduates of L2C find that these casual leagues are great ways to segue from instruction to more organized leagues with regular teams.

Sparing - All leagues that operate with regular teams like to have a healthy spare list with 8 or more names of those who wish to curl only occasionally in the league as a fill-in for a regular curler who is unable to make a particular game. For those who are registered in any “unlimited” membership category (see below), there is no fee to curl as a spare. For those who have registered to curl once per week, the fee is \$15 per game and the sparing limit of 7x/season.

Youth Leagues

On Sunday afternoon, the Pembroke Curling Centre (PCC) is taken over by young curlers. Running from October – late March, youth leagues include instruction and more.

Starting at 1 pm, boys and girls aged 6-12 (U13 division), are provided with instruction and on-ice support from experienced curlers and parents. The focus is on having fun and each week every kid gets a snack before going home.



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At 2:30 pm each Sunday, the teens aged 13-17 (U18 division) take over the ice. Instruction by certified coaches with a focus on shot-making, strategy, sweeping techniques and the finer points of the game. Short games are typically played each week. The PCC hosts an invitational bonspiel each fall for U18 curlers with the prize being the “cash on the wall”.



C. Membership Registration Categories

The Pembroke Curling Centre offers a range of membership categories that are determined by the selections individuals made for: Type, Season and Frequency, as described below. The fees paid are based on the selections, as shown on [the table of membership options](#).

1. Type

There are eight types of membership.

New Curler: This membership category applies to adults who have completed the L2C program at the PCC in the previous season. It also applies to those who have not curled at the PCC ever before, or former members who have not curled in the previous 10 years. These “newbies” are offered a discounted rate as a bridge to full-season membership the following season.

Regular Curler: This membership category applies to adults aged 18 and over who do not fit into any of the other types of membership.

Senior Curler: This membership category applies to adults aged 55 and over. A small discount to the base membership fee is included in this membership category.

Special: This membership category applies to adults aged 18 and over who only curl in one draw on the weekend (Friday night, Sunday morning, or Sunday evening). A discount is applied because weekend leagues are occasionally cancelled due to curling bonspiels or hall/ice rentals.

Learn to Curl: This membership category applies to adults aged 18 and over (or 55 and over for the Senior L2C) and is solely for the 8 weeks of instruction, offered in the Fall months. Upon completion of the L2C program, graduates will be offered discounted rates to join curling leagues for the Winter months where they can continue to hone their skills.

Junior: This membership category applies to youth under aged 18. There are two rates offered, one for those under age 13, and a slightly higher rate for those under age 18.

Post Secondary Student (Full-Time): This membership category applies to college or university students who are attending post-secondary classes on a full-time basis.

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2. Season (Length)

There are basically two choices when it comes to the length of time for curling: full season, or half season (as split by the Christmas break). The half season rate is typically selected by those who travel for half the season (e.g. snowbirds), are away for an extended period for work reasons, or are recovering from injury. The half-season rate is approximately 60% of the full rate due to fixed operating costs.

3. Frequency (Unlimited vs. One Draw)

The number of times a member chooses to curl is the third element of the PCC membership category. Those who wish to regularly curl in leagues 2 or more times per week select the Unlimited option. Those who plan to curl only 1 time per week, select One Draw option. Note those that select One Draw are only eligible to “spare” in other leagues a total of 7 times throughout the entire season and must pay \$15 each time.