

September 2023



ON THE ROCKS

PENETANGUISHENE CURLING CLUB NEWSLETTER

AGM

Learn to Curl

Little Rocks



[Little Rocks](#)

YOGA
for curlers



Tuesdays @ 1pm or 7pm
starting September 19

[Register](#)

AGM - BBQ - REGISTRATION

Join us Friday, September 29, 2023

Our Annual General Meeting (AGM) is set to be held on Friday, September 29 at 6:00 pm.

Everyone is invited to attend the AGM, which will be followed by a BBQ and in-person registration for those who missed out on Early Bird Registration.

Registration is currently open online for those who cannot attend the AGM and missed the early registration. *Curlers must be registered and paid before the start of league play.*

This is a great opportunity for new and returning curlers to come out, meet the board and connect with other members.

We hope to see everyone there!



[Learn More!](#)

penetangcurlingclub.ca

September 2023



LEARN TO CURL

Registration is now available on our [website!](#)

This fall we are excited to host a 6 week Learn to Curl program. This Friday evening program will be open to all curlers for \$100. Current members can join this program as part of their club fee. If someone wishes to join the club after the 6 weeks, they are welcome to register for the full member fee, with a \$100 credit.

After the 6 week program, this Friday evening slot will become a Social league. With tag-draw teams, the league will be open to all full members looking to enjoy a Friday evening on the ice.



LITTLE ROCKS

A sport for the whole family!

Calling all 6-12 year olds! We are excited to start our Little Rocks program for another season.

Starting late October on Monday evenings at 5:15 pm, for just \$55, children can learn a truly Canadian sport. With qualified coaches, this program is geared to ensure your little one has a great time on the ice.

The only equipment needed is clean (indoor) shoes and a helmet. The club will supply the rest!

YOGA FOR CURLERS

Hosted by [Yoga House](#)

Want to improve your curling game this season? Try Yoga for curlers.

Yoga can enhance your curling experience by increasing your flexibility and mobility, strengthening your core, helping with your balance and improving concentration and focus. Learn some postures that will aid in your curling warm-up and cool-down.

This is a four week program beginning on Tuesday, September 19 at 1:00pm or 7:00 pm.

Contact the Yoga House to register.

UPCOMING EVENTS

AGM

Friday, September 29, 2023
6:00 pm

Spooky Spiel

Saturday, October 28, 2023
Dress up. Win Prizes. Dance.
More information to come.