

play!



Where can I play?

You can curl in Kenora, Thunder Bay, Sudbury, Ottawa, Cornwall, Toronto, London, Wallaceburg/Chatham, and Peterborough!



Where can I find more information?

Check out the Ontario Curling Council website to find out how to get started. P.S. There is a terrific series of videos at curling.ca you can watch to learn more too.

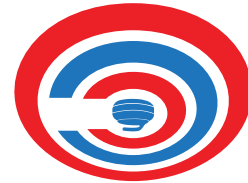


I've never curled, can I learn no matter what my age is?

Yes you can! Everyone (from 9 to 99!) can learn to curl with guidance, a bit of time and practice. There are curlers and coaches throughout Ontario who can help you learn to play.



Ontario Curling Council
ontariocurlingcouncil.com



To find out more



**TRY Wheelchair
Curling
NOW!**



Ontario Curling Council
ontariocurlingcouncil.com

fun!



Can I play just for fun?

Yes you can! Most of the over 55,000 curlers in Ontario play for fun, exercise, and friendship.

Can I set competitive goals for myself?

If you want to play competitively, we'll get you going in the right direction! Did you know Canadian paralympic curlers are some of the best in the world?

Can I curl with my friends?

Yes you can! You can curl in all kinds of leagues, not just leagues for wheelchair curlers.

What does curling for people in wheelchairs look like?

Wheelchair curling is an adaptation of curling for athletes with a disability. It is actually very similar to "ordinary" or (Able-bodied) curling. The rules are close to the same but do have differences. Wheelchair curling is played with the same rocks and on the same ice as regular curling, though the rocks are delivered from a stationary wheelchair and there is no brushing. Rocks may be delivered by hand while leaning over the side of the wheelchair, or pushed by a delivery stick.

What equipment do I need to play? You will need your wheelchair and a delivery stick. The curling club can help with delivery sticks.



You may enjoy curling using a wheelchair if you have a physical limitation that prevents you from being on the ice safely and comfortably while using a throwing stick from a standing position or a slide delivery.

friends!