

# Learn to curl programme

Juniors only  
**£2.50**  
per session  
(under 18s)

Adults only  
**£4**  
per  
session

## Disability curling at The PEAK

Our NEW disability inclusion classes offer three distinct curling sessions at The PEAK tailored to support those living with a disability. Our sessions are a great introduction to the sport of curling consisting of 1 hour of coaching with a qualified Active Stirling or Scottish Curling qualified instructor. Get involved in this great sport, meet new friends and have fun on the ice. Carers are welcome to attend for free and would be encouraged to take part on the ice.

### KEY

Visual impairment **VI** Multiple Sclerosis **MS** Disability inclusion **DI**

DATE	TIME	AGE	VENUE	SESSION
Mon 17 Sep 2018	3.00pm–4.00pm & 4.15pm–5.15pm	8yrs+	The PEAK	<b>VI</b>
Mon 24 Sep 2018	3.00pm–4.00pm & 4.15pm–5.15pm	8yrs+	The PEAK	<b>MS</b>
Mon 1 Oct 2018	3.00pm–4.00pm & 4.15pm–5.15pm	8yrs+	The PEAK	<b>DI</b>
Mon 8 Oct 2018	3.00pm–4.00pm & 4.15pm–5.15pm	8yrs+	The PEAK	<b>VI</b>
Mon 22 Oct 2018	3.00pm–4.00pm & 4.15pm–5.15pm	8yrs+	The PEAK	<b>MS</b>
Mon 5 Nov 2018	3.00pm–4.00pm & 4.15pm–5.15pm	8yrs+	The PEAK	<b>DI</b>
Mon 12 Nov 2018	3.00pm–4.00pm & 4.15pm–5.15pm	8yrs+	The PEAK	<b>VI</b>
Mon 19 Nov 2018	3.00pm–4.00pm & 4.15pm–5.15pm	8yrs+	The PEAK	<b>MS</b>
Mon 26 Nov 2018	3.00pm–4.00pm & 4.15pm–5.15pm	8yrs+	The PEAK	<b>DI</b>
Mon 3 Dec 2018	3.00pm–4.00pm & 4.15pm–5.15pm	8yrs+	The PEAK	<b>VI</b>
Mon 10 Dec 2018	3.00pm–4.00pm & 4.15pm–5.15pm	8yrs+	The PEAK	<b>MS</b>
Mon 17 Dec 2018	3.00pm–4.00pm & 4.15pm–5.15pm	8yrs+	The PEAK	<b>DI</b>
Mon 7 Jan 2019	3.00pm–4.00pm & 4.15pm–5.15pm	8yrs+	The PEAK	<b>VI</b>
Mon 14 Jan 2019	3.00pm–4.00pm & 4.15pm–5.15pm	8yrs+	The PEAK	<b>MS</b>
Mon 28 Jan 2019	3.00pm–4.00pm & 4.15pm–5.15pm	8yrs+	The PEAK	<b>DI</b>
Mon 4 Feb 2019	3.00pm–4.00pm & 4.15pm–5.15pm	8yrs+	The PEAK	<b>VI</b>
Mon 11 Feb 2019	3.00pm–4.00pm & 4.15pm–5.15pm	8yrs+	The PEAK	<b>MS</b>
Mon 18 Feb 2019	3.00pm–4.00pm & 4.15pm–5.15pm	8yrs+	The PEAK	<b>DI</b>
Mon 18 Mar 2019	3.00pm–4.00pm & 4.15pm–5.15pm	8yrs+	The PEAK	<b>VI</b>
Mon 25 Mar 2019	3.00pm–4.00pm & 4.15pm–5.15pm	8yrs+	The PEAK	<b>MS</b>
Mon 1 Apr 2019	3.00pm–4.00pm & 4.15pm–5.15pm	8yrs+	The PEAK	<b>DI</b>



### STIRLING WHEELCHAIR CURLING CLUB

For all wheelchair users. The club meet every Wednesday at The PEAK. Each session is taken by Scottish Curling qualified coaches. All curling equipment is provided. For more information on Stirling Wheelchair Curling Club please contact Jacky McLaren at [jackymclaren@talktalk.net](mailto:jackymclaren@talktalk.net).

To book or enquire please contact our Bookings team on **01786 27355** or [bookings@activestirling.org.uk](mailto:bookings@activestirling.org.uk)

**TRYCURLING** 