



## LANARKSHIRE ICE RINK

Season - 2015/16



### CURLING COACHING DATES

MONTH	Sunday @ 1215	Virtual	Come & Try @ 1215	Monday @ 1955	Thursday @ 1000	Comments
<b>September</b>					<b>24</b>	It is advisable to check with the LIR Office on <b>01-698-282-448</b> that the date as shown is still relevant
<b>October</b>	<b>4</b>	<b>4 @ 1215</b>		<b>5</b>	<b>1</b>	
					<b>8</b>	
	<b>18</b>	<b>18 @ 1215</b>	<b>18</b>		<b>15</b>	
	<b>25</b>				<b>22</b>	
					<b>29</b>	
<b>November</b>	<b>1</b>	<b>1 @ 1745</b>		<b>2</b>	<b>5</b>	<b>Monday evenings:</b> (for experienced curlers who wish to improve their technique) at <b>7.55pm</b>
	<b>8</b>	<b>8 @ 1215</b>	<b>8</b>		<b>12</b>	
					<b>19</b>	
	<b>22</b>		<b>22</b>			
<b>December</b>		<b>6 @ 1215</b>	<b>6</b>	<b>7</b>	<b>3</b>	The <b>Virtual Club</b> is for those curlers who wish to gain experience in a less competitive environment. For more info click <a href="#">HERE</a>
		<b>13 @ 1215</b>	<b>13</b>			
<b>January</b>				<b>4</b>		
					<b>14</b>	
	<b>24</b>					
	<b>31</b>				<b>28</b>	
<b>February</b>	<b>7</b>			<b>1</b>	<b>4</b>	<b>Come &amp; Try</b> - An introduction to the sport of Curling. More info <a href="#">HERE</a>
	<b>21</b>				<b>18</b>	
	<b>28</b>					
<b>March</b>				<b>7</b>	<b>3</b>	Updated - 08/01/16