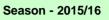


## LANARKSHIRE ICE RINK





## **CURLING COACHING DATES**

CORLING COACHING DATES						
MONTH	Sunday @ 1215	Virtual	Come & Try @ 1215	Monday @ 1955	Thursday @ 1000	Comments
September					24	It is advisable to check with the LIR
October	4	4 @ 1215		5	1	Office on <b>01-698-282-448</b> that the
					8	date as shown is still relevant
	18	18 @ 1215	18		15	
	25				22	
					29	
November	1	1 @ 1745		2	5	Monday evenings: (for experienced
	8	8 @ 1215	8		12	curlers who wish to improve their
					19	technique) at <b>7.55pm</b>
	22		22			teomique) at <b>1.33pm</b>
December		6 @ 1215	6	7	3	
		13 @ 1215	13			The Virtual Club is for those curlers
						who wish to gain experience in a less
January				4		competitive environment. For more
					14	info click HERE
	24					
	31				28	
February	7			1	4	
	21				18	Come & Try - An introduction to the
	28					sport of Curling. More info HERE
March				7	3	
						Updated - 08/01/16