

WELCOME TO FORFAR CURLING CENTRE COACHING & DEVELOPMENT SESSIONS 2025/26

PLEASE TAKE TIME TO WATCH THIS SAFETY VIDEO BEFORE
ATTENDING A TRY CURLING OR COACHING SESSION.

[TRY CURLING SAFETY VIDEO](#)



We actively encourage newcomers to the sport of Curling and you will be made most welcome. All our qualified coaches are experienced curlers and curling equipment is provided. To avoid disappointment we encourage pre-registration via our website www.fis.scot.

TRY CURLING & DEVELOPMENT SESSIONS 2025/26

Session Dates & Times Are Shown Overleaf (subject to constant change)

MONDAY MORNING COACHED SESSIONS

Most Monday mornings between the hours of 10:30am to 12:30pm. Improve your game with friendly qualified coaches including coaching on stick delivery and other delivery techniques, tactics, sweeping skills and much more. Maximum 8 people per rink. £10 per member / £12 per non-member.

TRY CURLING & DEVELOPMENT SESSIONS.

Curling is played on ice, and Ice Rinks can be cold! It is always a good idea to wear multiple layers to stay warm. To be prepared, we suggest wearing and/or bringing the following items with you. We provide the curling equipment required:

- ✦ **Warm Jacket (or gilet)**
- ✦ **Hoodie or Sweatshirt**
- ✦ **Loose Fitting Trousers (tracksuit bottoms/sweat pants)**
- ✦ **Hat (not essential but worth bringing if you would normally wear one)**
- ✦ **Gloves (not essential but worth bringing – non woolly)**
- ✦ **Warm/thick socks**
- ✦ **Clean pair of trainers to wear on the ice. Soft rubber soles are ideal for maximum grip (we do not provide footwear)**

Avoid wearing:-

- ✦ **Heeled shoes and boots (too slippery on the ice & can damage the ice)**
- ✦ **Wearing jeans as they do not stretch and can be cold.**

Try Curling £10 per person. Development/Coached Session: £10 per member / £12 per non-member, per 2-hour session.

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TRY CURLING & DEVELOPMENT SESSIONS 2025/26



2026 is a Winter Olympic year so when better than to come along try curling and get to understand the basics of the game before the main event itself. Who knows by February you could be explain shots & strategies to the rest of the family while you watch team GB go for gold.

TRY CURLING & DEVELOPMENT SESSIONS

Saturday 18th October, 2025 from 11:30am to 1:30pm

Try Curling Coaching Session.

Sunday 9th November, 2025 from 4:30pm to 6:30pm

Try Curling & Development Coaching.

Saturday 29th November, 2025 from 11:30am to 1:30pm

Try Curling Coaching Session

Sunday 11th January, 2026 from 11:30am to 1:30pm

Try Curling & Development Coaching

Sunday 14th February, 2026 from 11:30am to 1:30pm

Try Curling & Development Coaching

Please arrive at least 15 minutes before the session start time. Pre-registration encouraged, groups welcome, curling equipment provided. Please wear warm loose fitting clothing.

MONDAY MORNING WALK-IN COACHING & DEVELOPMENT SESSIONS @ 10:30AM

October, 2025: 6th, 13th, 20th & 27th

November, 2025: 3rd, 10th, 17th & 24th

December, 2025: 1st, 8th, & 15th

January, 2026: 5th, 12th, 19th, & 26th

TRY CURLING & DEVELOPMENT SESSIONS 2025/26

FORFAR YOUNG CURLERS (FYC) SESSIONS

October, 2025: 4th, 11th, 18th & 25th

November, 2025: 1st, 8th, 15th, 22nd & 29th

December, 2025: 20th & 27th

January, 2026: 10th, 24th & 31st

February, 2026: 7th, 14th, 21st & 28th

March, 2026: 7th, 14th, 21st & 28th

Contact: forfaryoungcurlers@gmail.com

FORFAR GATEWAY CURLING CLUB SESSIONS

Saturday 18th October, 2025 @ 11:30am

Sunday 9th November, 2025 @ 4:30pm

Saturday 29th November, 2025 @ 11:30am

Sunday 20th December, 2025 @ 11:30am

Sunday 11th January, 2026 @ 11:30am

Saturday 14th February, 2026 @ 11:30am

Forfar Gateway CC welcome new curlers to the club sessions where coaching, top tips and a friendly welcome await. To attend please e-mail as per above.

Contact: kirstina@kirstina.co.uk

CURLING CLUB COACHING

Coaching resources available to support clubs & teams seeking to encourage new curlers and develop existing members. Club Coaching & Team Practice sessions should be booked through FIS via the Curling Calendar or contact: curl@fis.scot.

CURLING CLUBS AT FORFAR CURLING CENTRE

LOCAL CURLING CLUBS/FORFAR GATEWAY CLUB

There are over 40 clubs from the surrounding area curling out of Forfar Ice Rink, see the list on the following page.

You may already know a curler who plays in one of these clubs and choose to play in their club.

You may not know any curlers and as such you can join Forfar Gateway Curling Club. This club is made up of new curlers who get regular coaching and play against other local clubs and in local competitions. This gives new curlers an excellent opportunity to gain experience playing in different positions in game situations.

You can only be a member of the Gateway Club for two years and after the first year you are encouraged to join your local club. As well as getting regular coaching and game experience, members pay a reduced fee to be a member of our governing body, the Royal Caledonian Curling Club (RCCC).

However you want to enjoy your curling we have a Pathway to suit you. Take it at your own pace while you learn and practice. The coaching team will be pleased to make introductions to clubs and help you on your own curling pathway.

PATHWAY 1

You may not know any curlers and as such join Forfar Gateway Curling Club (FVCC). This club is made up of new curlers who get regular coaching and play against other local clubs & competitions.



Pathway 1

- Attend Coaching Session(s)
- Join Gateway Club
- Join local Club (after 1 year)

PATHWAY 2

You may already know a curler who plays in one of the 40 clubs and choose to join and play at their club while attending club and/or rink coaching sessions.



Pathway 2

- Attend Coaching Session(s)
- Join local Club
- Attend Club & local Coaching

PATHWAY 3

You may already know a curler who plays in one of these clubs and is local to you and choose to play with their club while attending rink coaching sessions.



Pathway 3

- Join local Club
- Attend Club & local Coaching

FCCC CURLING CLUBS - YOUR CHOICE

<u>2024/25</u> <u>Curling Club</u>	<u>Match Secretary</u>	<u>Email</u>
Aberlemno	Charles Gow	charlesgowmillside@gmail.com
Angus Province	Marianne Jenkins	mariannejenkins@gmail.com
Angus Glens	David Vernon	davidvernon71@gmail.com
Angus/Dundee Rotary	Andy McGlynn	jen_andy@mcglynn.plus.com
Ardblair	Marion Mitchell	marioncmitchell@me.com
Balcaskie	John Thomson	johnthom65@btinternet.com
Balruddery	Craig Pratt	craig.pratee0565@gmail.com
Braeknowe	Robert Skinner	allenskinner321@gmail.com
Brechin Castle	Doug Sparks	douglassparksdisplays@hotmail.co.uk
Broughty Ferry	Alastair Scott	alastair.scott7@btinternet.com
Cambo	Mark Turnbull	jmarkturnbull@gmail.com
Catherthun	Chris Curnin	ccurnin@hotmail.com
Claverhouse	Ian Gibson	ianandsheena@btinternet.com
Clunie	Ailene Charlton	a4ale@hotmail.co.uk
Dalhousie Ladies	Janice Walls	jan.walls10@btinternet.com
Dun	Lorraine Campbell	curlinglorne@gmail.com
Dundee	Chris Adrian	kenlaing15@gmail.com
Dundee Ladies	Dawn McFarlane	dmcfar7124@aol.com
Edzell	Wendy Loudon	edzellcurlingclub@outlook.com
Evenie Water	Eric Potts	peter.cargill@btinternet.com
Fettercairn	Dougie McMurray	dougie.inchcape@btinternet.com
Fordoun	Neil Alexander	neil.alexander1969@gmail.com
Forfar	Andy McGlynn	jen_andy@mcglynn.plus.com
Forfar Ladies	Anne Shaw	shaw.anne@btconnect.com
FYC	Ian Taylor	forfaryoungcurlers@gmail.com
Forfar Gateway	Philip Ross	philip@satchel.scot
Fotheringham	Adrian White	m.s.richardsons@talktalk.net
Glenesk	Jane Cuthill	jandkcuthill@gmail.com
Kirriemuir	Chris O'Dowd	chrisod625@btinternet.com
Kirriemuir Ladies	Marianne Clark	clarksatlogie@gmail.com
Forfar Ladies Centre	Liz Furrie	pocketrocket.curling@gmail.com
Letham Grange	Brian McCartney	brianmcartney@mail.com
Letham Grange Ladies	Margaret Wallace	margaretwallace21@yahoo.co.uk
Lundie & Auchterhouse	Liz Furrie	secretary@curling.org.uk
Monifieth	Lindsay Hood	hooddouglas2@gmail.com
Newport	Douglas Wyles	douglaswyles@hotmail.com
NE Area (area 12)	Tom Kirk	tomkirk90@hotmail.com
N&SE Province	Lorraine Campbell	curlinglorne@gmail.com
Panmure	Sheilagh Macfarlane	sheilaghmac23@gmail.com
Pitkerro	Sarah Millar	sarah_millar@hotmail.co.uk
Rattray	Ian McLagan	i.mcglagan@sky.com
St Andrews	Bill Whyte	standrewscurlingclub@gmail.com
Strathkinness	Mary Hepburn	maryatdanskin@gmail.com
Suttieside	Robin Nicolson	robinnicolson@btinternet.com
University of Dundee	Michael Gray	m.s.gray@dundee.ac.uk

Group & Corporate Curling Sessions

Group and corporate curling is an excellent way to enjoy team building or bonding activities. It is highly sociable, affordable and most importantly a truly enjoyable and different experience.

As we continue to recover from the COVID years and with home working now part of every day life the need to get staff, friends or colleagues together face to face is more important than ever.



With modern meetings rooms and a full bar & catering service Forfar Indoor Sports can offer the complete experience where you can enjoy: -

- ***Team or Business Meetings***
- ***Snacks or arrival (Bacon/Sausage Rolls, etc)***
- ***Lunch (Soup & Sandwiches, Hot or Cold Meal options)***
- ***Evening Meal (one or two course, hot or cold)***
- ***Snacks & Savouries***
- ***Full Bar Service with alcohol or non-alcohol drinks, hot drinks, etc.***
- ***Complete IT link up for presentations, etc***
- ***Break out rooms, etc.***
- ***Friendly club style atmosphere***

All in all something for everyone to enjoy.

Our team of dedicated coaches will be on the ice with you to take you through the basic curling steps and also look after your safety on the ice.

All curling equipment is provided all we ask is you wear warm loose fitting clothing and bring a pair of flat rubber soled shoes such as a clean pair of trainers along with you.

For more information or to discuss any enquiry please contact mike@fis.scot or call 07803089059.

Make 2025/2026 the year to get a group together for some curling fun.

www.fis.scot

ARE YOU OUR NEXT HAILEY ?



Olympic Gold Medalist Hailey Duff started her curling career at Forfar and through hard work, determination and commitment rose to the pinnacle of the sport to win that valued of all valued trophies, an Olympic Gold Medal at Beijing 2022. We are all very proud of Hailey's achievements and are constantly on the lookout for future Olympians - *could that be you ?*

Hailey says *"My early days on the Forfar Curling Rink with Forfar Young Curlers installed a sense of belief that pushed me on to be the very best I could be and achieve the top honours the sport can bring.*

My parents and the coaches believed in me giving up their time to help me on the road to curling success. If I can do it so can you"

For more information or to discuss group curling coached sessions please contact curl@fis.scot

