



2288 - 47 Avenue SW
 Calgary, AB T2T 6J9
 T: 403-242-8191
 W: garrisoncurling.com
 E: instruction@garrisoncurling.com

Curling Instruction

The Garrison Curling Club is pleased to provide instruction for individuals and groups.

Lessons for Individuals

Lesson Duration	Lesson Topics	Rate - Members	Rate - Non-members
45 Minutes	<ul style="list-style-type: none"> • Introduction to curling • Hitting the broom consistently • Developing more power for your takeouts • Effective sweeping • Strategy • Team communication 	\$65 for the first person; \$20 for each additional person with a maximum of 5 people on the sheets	\$75 for the first person; \$25 for each additional person with a maximum of 5 people on the sheets
Lesson Days/Times (Early October to mid-March)	<ul style="list-style-type: none"> • Mondays at 145p • Tuesdays at 145p • Wednesdays at 145p • Fridays at 1200p or 100p • Saturdays at 430p or 530p 		

Lessons for Groups

Lesson Duration	Lesson Topics	Rate - Corporate	Rate - Schools
60 Minutes	Introduction to curling	\$150 for up to three sheets (24 curlers); \$300 for 4 or more sheets (25-48 curlers)	\$100 for up to three sheets (24 curlers); \$200 for 4 or more sheets (25-48 curlers)
Lesson Days/Times (Early October to mid-March)	<ul style="list-style-type: none"> • Wednesdays: until 1100a; and from 145-230p • Fridays: from 1200-300p • Saturdays: from 430-900p 		

Lessons for group events are booked at the same time as the ice is rented. For larger corporate events or lessons from mid-March until late April, additional arrangements can be made.



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Booking a Lesson

To book, contact us at instruction@garrisoncurling.com or by phone at 403-242-8191. Payment is required at the time of booking and is non-refundable unless the session is cancelled by the Garrison.

If you have an instructor/coach preference (see below for bios on the GCC instruction team), please let us know; otherwise we will assign one of our team members.

Instruction Team



Steve Cloutier

Steve is the Garrison's General Manager and runs the instruction program, with responsibility for designing and executing our private lessons, group lessons (Learn-to-Curl and school phys-ed classes), rookie (Greenhorn) league and corporate instruction program. He's had the pleasure of introducing thousands of curlers to the sport and helping them develop their skills.



Sandra Jenkins, OLY

- 2 Olympic Trials and member of Team Canada (2006 Bronze Medal)
- 5 Scott Tournament of Hearts appearances
- 2 Canadian Mixed appearances
- 2 Canadian Seniors appearances
- 1 Canadian Masters appearance



Shannon Nimmo

- 2 Olympic Trials
- 3 Canadian Senior appearances
- 1 Skins Championship and 1 runner up



Glenys Bakker, OLY

- 3 Olympic Trials and member of Team Canada (2006 Bronze Medal)
- 2 Scott Tournament of Hearts appearances
- 3 Canadian Senior appearances
- 1 Canada Cup championship



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Shannon Kleibrink, OLY

- Skip at three Olympic Trials and member of Team Canada (2006 Bronze Medal)
- 5 Scott Tournament of Hearts appearances
- #1 CTRS ranking (2004-5; 2008-9)
- 2 Grand Slam of Curling titles
- Coach of Team Skrlík (2023-)



Carolyn McRorie, OLY

- Member of Team Canada (2010 Silver Medal)
- 3 Scott Tournament of Hearts appearances
- 1 Grand Slam of Curling title
- Coach of Team New Zealand (Men, 2022-); Team China (Women, 2018-19)



Margot Flemming

- 5 Scott Tournament of Hearts appearances
- 1 U18 Ontario Curling Championship
- 1 Canadian Mixed Curling Championship appearance
- Current third on Team Skrlík (highest CTRS ranking: #2)



Rylee Burton

- Member of Team Abbs (U18 Alberta Curling Tour)
- 2025 Hotshots winner at Mark Kennedy Junior Classic
- Certified Club Coach