

CURLING

Team Building



Corporate Team Building. The Curling Experience...

- **Fun**
- **Easy**
- **No previous experience needed**

Team building activities cover a range of experiences: leadership, communication, trust, problem solving and decision making.

There are no ice-skates involved, so anyone can enjoy it. Teamwork and communication are critical to achieve success in curling. Your co-workers will quickly rise to the challenge and embrace the competitive but cooperative spirit of the game.



Call 916.783.8550 to book your event today!

Skatetown Ice Arena
1009 Orlando Avenue, Roseville CA 95661
916.783.8550 • www.skatetown.biz



Curling team building events are scheduled for approximately 2.5 hours and include:

- Experienced instructors to teach basic skills and teamwork
- General introduction speech, short video and a huddle to form teams
- On-ice instruction on how to play the game; delivering the stone, sweeping and strategy – this is a full hands-on experience!
- A mini-tournament to put your new-found skills to the test!

Curling involves teams of 4 players. Each player will slide 42-lb stones toward a large bulls-eye target at the other end of the rink. The object is get your team's stones into the target and knock your opponent's stones out. Teammates sweep the ice to adjust its speed and direction. It takes some skill and practice but you will quickly get a feel for it. Curling has aspects of horseshoes, bowling, golf and chess all rolled into one, yet it can also provide vigorous exercise. Curling is also wheelchair accessible.

All that your co-workers need to bring in order to participate are warm loose fitting clothes, a CLEAN pair of athletic shoes and, if desired light gloves and a cap. Skatetown has all the game equipment necessary to participate including stones, brooms and teflon shoe sliders.

\$25 per person. Minimum of \$1000.00

A conference room is available for an additional charge if you want to include a meeting, awards ceremony or other corporate activity in your program. Food and beverage can also be provided at an additional cost.



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