

## About the Lethbridge Bowbenders Archery Club

The Lethbridge Bowbenders Archery Club was established in the early 1970's and includes members who are experienced, beginner and novice archers.

### Mission Statement

To provide a safe shooting environment

To promote archery to junior and senior archers

To provide a facility for the education and training of archery coaches

To grow the sport of Archery

### Programs Offered

Junior archery programs

Archery leagues

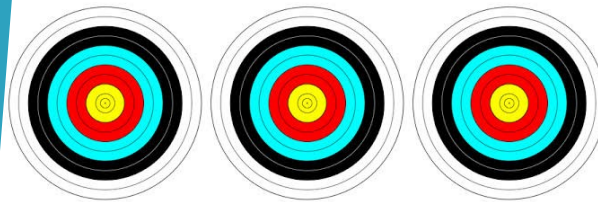
Individual archery lessons

Coaching courses

Instruction for youth groups

For more information please contact:

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[www.lethbridgebowbenders.com](http://www.lethbridgebowbenders.com)



# Junior Archery Program



Lethbridge Bowbenders  
Archery Range

#545-30th Street N.  
Lethbridge

## About the Junior Program

The Lethbridge Bowbenders Junior Program is run under the guidelines of the Archery Canada Canbow Program and the Long Term Archer Development Program. These programs were developed to provide archers with the necessary skills to progress in the sport.

The Canbow Program is designed to teach the archers techniques of shooting a bow as well as the rules of safety and etiquette in the sport. The archers are taught the ten shooting steps and technical information about the equipment used.

As the archers progress in skill, they earn badges that they can adhere to an Archery Canada Poster. Beginners shoot from 10 meters to ensure success. After they earn the first four badges by achieving specific scores and relating technical knowledge, they move back to shoot at 15 meters. The next four badges are earned at this distance. When these badges are achieved they move back to shoot at 18 meters which is the distance that indoor target events are shot from.

The coaches follow specific lesson plan formats. Technical information is incorporated while the archers do exercises to warm up the muscles they will be using. As the archers shoot, the coaches will give technique advice to the group as well as to individuals. The coaches will attempt to spend an equal amount of time with each archer.

## About...

The archers will be encouraged to ask and answer questions during the program.

Each session will run for eight consecutive weeks. There will be three sessions per year from September to March. Registration will be limited in the number of archers per session. Girls and boys will be accepted into each class. The minimum age for participation is 7 years old.

## Session Dates

### Beginner & Intermediate – Tuesdays

Session #1	September 7, 2021 to October 26, 2021
Session #2	November 2, 2021 to December 21, 2021
Session #3	January 6, 2022 to February 22, 2022

**Beginner:** 6:00 pm to 7:00 p.m.

**Intermediate:** 7:30-8:30 p.m.

### Advanced– Thursdays

Session #1	September 2, 2021 to October 21, 2021
Session #2	October 28, 2021 to December 16, 2021
Session #3	January 6, 2022 to February 24, 2022

**Time:** 6:30 pm-8:00 pm

## Costs

### Beginner/Intermediate

First Session Attended	\$200
Subsequent sessions in the same season	\$150

#### What is Included:

- \* Association Fees
- \* Equipment Rental
- \* Instruction, Coaching & Materials

### Advanced

First Session Attended	\$150
Subsequent sessions in the same season	\$100

#### What is Included:

- \* Association Fees
- \* Instruction, Coaching & Materials

