Using Blender 2.6 for Animation - Topics - Animate an Object Along a Path

* When you create your object that you want to move, make the Y axis backward and the Z axis up to make animation easier
* Add, Curve, then choose the shape (or choose path, go to edit mode, then Ctrl Click to add new points at each place you want the object to turn [closer points for places object should move more slowly], then when done drawing go back to object mode)
* In Object Mode, select the moving object. Make sure it doesn’t have any keyframes, unless you want it to depart from the curve at those times.
* Constraints, Add Object Constraint, Follow Path
  + For Target, choose the curve object (such as circle or NURBS Path).
  + Click Animate Path
  + If you want the object to face whichever direction the curve turns,
  + Go to Frame 1
  + Move the object to the beginning of the curve, facing the way you want
  + Now it should work when you press play