



STARS



'FUNDamentals and Learn to Golf' Program - Ages 4-6

SPRING PROGRAM: April 6 - June 22, 2018

SUMMER PROGRAM: July 6 - Sept. 20, 2018

In 2015, we ran our first ever 3-month program for children aged 4-6 and it turned out to be a ton of fun ... 2018 looks to be even better. At this age level, children interested in golf benefit most from learning correct fundamentals in a fun and active learning environment that includes a mix of games, activities, skill-building exercises and physical coordination activities.

By the end of the 3-month session, children will know the basics of the golf swing and put their skills to the test during scheduled 'activity nights.' No prior golf experience is necessary.

Our course objectives and learning outcomes include:

Golf Fundamentals

- Grip
- Stance
- Aim & Alignment
- Posture
- Balance
- Full Swing
- Short game

Physical Literacy

- Develop Basic Motor Skills
- Agility, Balance and Coordination
- Strength and Power
- Movement/Travelling Skills
- Object Control Skills
- Balance Movements

Golf Education

- Introduction to Golf Safety
- Introduction to Golf Course Etiquette
- Introduction to Golf Rules
- Introduction to Golf Terminology

Life Skills

- Sportsmanship and Respect
- Importance of Health, Exercise and Nutrition
- Positive Self Talk
- Behavior in Group Dynamics & Awareness of Others

Coaches: Derek Thornley (PGA), Blake Ceron (PGA) and Lincoln Li (Assistant Coach).
 Classes: Friday sessions 4:00 to 5:10 pm.
 Cost: \$249 + GST (15 classes: 12 regular + 3 extended activity nights: 18 hours total.)

