



GIRLS CLUB Learn to Golf

DEVELOPMENT LEVEL AGES 7-12

LONG-TERM PLAYER DEVELOPMENT PROGRAM

17 CLASSES: 26 HOURS TOTAL \$549 (no GST)

The GIRLS CLUB Program fosters the development of good golf fundamentals, life skills, positive self-esteem and confidence on the course. Group classes are socially interactive and include a mix of athletic training, a wide variety of golf skills, golf knowledge, social events, on-course playing skills and an introduction on how to prepare for competition. Participants will be welcomed to join either our Junior Skills Challenge (Spring Session), or our Girls Club Team Event in September (Summer & Fall Sessions).

By the end of the 2.5-month program, participants will know the basics of the golf swing, golf rules, etiquette, scorekeeping, and how to prepare for golf events. This program also helps prepare students who are interested in progressing to the Elite level programs. Prior participation in Academy golf programs is recommended, but not mandatory.

Our course objectives and learning outcomes include:

Golf Fundamentals

Grip, Stance, Aim, Posture and Alignment

Balance, Rhythm

Full Swing – Short Irons/Mid Irons

Full Swing – Hybrids/Metal Woods

Short Game – Putting, Chipping, Pitching and Sand

Physical Literacy

Motor Skills, Agility, Balance and Coordination

Aerobic, Speed, Strength and Power

Movement/Travelling Skills/Object Control Skills

Balance Movements, Stamina and Flexibility

Fine Motor Skills (Dexterity and Synchronization)

Golf Education

Golf Safety and Courtesy for Others

Golf Course Etiquette

Basic Golf Rules and Scoring

Basic Golf Terminology

Life Skills

Sportsmanship, Respect and Integrity

Basics of Healthy Nutrition and Diet

Positive Self Talk and Calming Exercises

Focus, Awareness and Decision-Making Skills

Coaches: Derek Thornley (PGA), Ye Rin Suh (PGA)

Session 1: March 2-May 18, 2023 Tues 4:10-5:40 pm & Thurs 6:00-7:30 pm \$549 (no GST)

Session 2: June 1-August 17, 2023 Tues 4:10-5:40 pm & Thurs 6:00-7:30 pm \$549 (no GST)

Session 3: August 24-Nov. 9, 2023 Tues 4:10-5:40 pm & Thurs 6:00-7:30 pm \$549 (no GST)

