

Future Links 'Learn to Golf Program' COMETS Ages 7-11



The COMETS Learn to Golf Program continues to build and develop the movement, athletic and golf skills learned in the STARS Program while also introducing on-course playing skills. This program also helps to prepare students who are interested in progressing to the Elite program in the future.

Classes run on a weekly basis and are designed for all children who are interested in developing into good athletes and proficient golfers. Instructors will provide a fun, socially interactive learning environment, focusing on athletic coordination, games, golf-specific skills and education, some on-course playing opportunities and plenty of positive reinforcement.

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 'Game Nights.' Some prior golf experience is necessary.

Our course objectives and learning outcomes include:

Golf Fundamentals

Grip, Stance, Aim
Posture, Alignment
Balance, Rhythm
Full Swing – Short Irons
Full Swing – Mid Irons/Hybrids
Full Swing – Metal Woods
Short Game – Putting
Short Game – Chipping, Pitching & Sand

Physical Literacy

Develop Basic Motor Skills
Agility, Balance and Coordination
Strength and Power
Movement/Travelling Skills
Object Control Skills
Balance Movements
Fine Motor Skills (Dexterity & Synchronization)
Stamina and Flexibility

Golf Education

Golf Safety & Courtesy for Others
Golf Course Etiquette
Basic Golf Rules
Basic Golf Terminology

Life Skills

Sportsmanship and Respect
Basics of Healthy Nutrition and Diet
Positive Self Talk & Calming Exercises
Awareness of Others

Instructors: Derek Thornley (PGA of Canada), Blake Ceron (PGA of Canada), Lincoln Li (Assistant).

Schedule: Session 1: April 7 – June 23, 2017 12 Instruction Nights – Fridays 5:15 to 6:25 pm
Session 2: July 7 – Sept. 29, 2017 + 4 Game Nights – (dates TBA)

Classes: 16 classes (70 minutes each); Friday's 5:15-6:25 pm.

Cost: \$275 + GST (18 hours total).

