

Future Links 'Learn to Golf / Introduction to Competition' GIRLS CLUB Ages 7-16



The GIRLS CLUB Learn to Golf / Learn to Compete Program is designed for girls only and focusses on developing golf skills, positive self-esteem and confidence on the course. Group classes are socially interactive and include a mix of athletic training, golf fundamentals, golf knowledge, an introduction to goal setting, pre-game preparation, post-game evaluation and the basics of strategic planning. Classes offer a balance of training skills, practice, on-course play and a few social activities. Participants are also welcomed to join in our end-of season Girls Division tournament in mid-September.

Classes run up to two times per week in the late afternoon or early evening where instructors will provide a fun, socially interactive learning environment with plenty of positive reinforcement.

By the end of the 3-month session, participants will know the basics of the golf swing, golf rules, etiquette and scorekeeping. Some prior golf experience is recommended.

Our course objectives and learning outcomes include:

<u>Golf Fundamentals</u>	<u>Physical Literacy</u>
Grip, Stance, Aim	Motor Skills
Posture, Alignment	Agility, Balance and Coordination
Balance, Rhythm	Strength and Power
Full Swing – Short Irons	Movement/Travelling Skills
Full Swing – Mid Irons/Hybrids	Object Control Skills
Full Swing – Metal Woods	Balance Movements
Short Game – Putting	Fine Motor Skills (Dexterity & Synchronization)
Short Game – Chipping, Pitching & Sand	Stamina and Flexibility

<u>Golf Education</u>	<u>Life Skills</u>
Golf Safety & Courtesy for Others	Sportsmanship and Respect
Golf Course Etiquette	Basics of Healthy Nutrition and Diet
Basic Golf Rules	Positive Self Talk & Calming Exercises
Basic Golf Terminology	Awareness of Others

Instructors: Derek Thornley (PGA of Canada) & Blake Ceron (PGA of Canada)

Schedule: Spring Session: April 4-June 22, 2017

Summer Session: July 4-September 21, 2017

Classes: 24 classes per session; Tuesday's 4:30-6 pm and Thursday's 6:30-8 pm

Session Cost: \$425 + GST (36 hours total)



GIRLS CLUB Schedule

Spring Session: April 4 – June 22, 2017

24 classes x 1.5 hours per class (36 hours)

Tuesday's 4:30-6 pm and Thursday's 6:30-8 pm

The following schedule may have occasional changes which would be announced in advance.

April 4, 6, 11, 13, 18, 20, 25, 27

May 2, 4, 9, 11, 16, 18, 23, 25, 30

June 1, 6, 8, 13, 15, 20, 22

Summer Session: July 4 – Sept 21, 2017

24 classes x 1.5 hours per class (36 hours)

Tuesday's 4:30-6 pm and Thursday's 6:30-8 pm

The following schedule may have occasional changes which would be announced in advance.

July 4, 6, 11, 13, 18, 20, 25, 27

Aug 1, 3, 8, 10, 15, 17, 22, 24, 29, 31

Sep 5, 7, 12, 14, 19, 21