

Future Links 'FUNdamentals & Learn to Golf' Program STARS Ages 4-6



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 ... 2017 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:

<u>Golf Fundamentals</u>	<u>Physical Literacy</u>
Grip	Develop Basic Motor Skills
Stance	Agility, Balance and Coordination
Aim	Strength and Power
Posture	Movement/Travelling Skills
Alignment	Object Control Skills
Balance	Balance Movements
Full Swing	
Short game	

<u>Golf Education</u>	<u>Life Skills</u>
Introduction to Golf Safety	Sportsmanship and Respect
Introduction to Golf Course Etiquette	Importance of Health, Exercise and Nutrition
Introduction to Golf Rules	Positive Self Talk
Introduction to Golf Terminology	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 4:00 to 5:10 pm
Session 2: July 7 – Sept. 29, 2017 + 4 Activity Nights – (dates to be announced)

Classes: 16 classes (70 minutes each); Friday's 4:00-5:10 pm.

Cost: \$245 + GST (18 hours total).

