



# 'STARS' FUNDamentals of Golf (Ages 4-6)

LONG TERM PLAYER DEVELOPMENT PROGRAM

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 ... 2019 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 and Speed  
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), Will Gunn (PGA) and Lincoln Li (Assistant Coach)

2 Sessions: April Session: April 5,12,19,26; May 3,10,17,24\*,31; June 7,14,21\*  
Classes: Friday's 4:00 to 5:10 pm (\*activity nights, May 24 & Jun 21 from 4-6 pm)

July Session: July 5,12,19,26; Aug 2,9,16,23,30; Sep 6\*,13\*, 20  
Classes: Friday's 4:00 to 5:10 pm (\*activity nights, Sep 6 & Sep 13 from 4-6 pm)

Cost: \$269 (no GST) 12 regular classes + 2 extended activity nights: 16.5 hours total

