



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

LONG TERM PLAYER DEVELOPMENT PROGRAM
14 CLASSES: 16.5 HOURS TOTAL

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 ... 2020 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 for include:

Golf Fundamentals

Grip & Stance
Aim & Alignment
Posture
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)

Session 1: April 3 to June 26, 2020 Friday's 4:00 to 5:10 pm \$269 (no GST)
*Classes will run for 13 consecutive Fridays: June 26 will be a double lesson night, from 4-6:15 pm

Session 2: July 3 to Oct 2, 2020 Friday's 4:00 to 5:10 pm \$269 (no GST)
*Classes will run for 14 consecutive Fridays

