



Junior Golf Summer Program

Program: June 16, 23, 30, July 7, 14, 21, 28, August 4 (8 weeks)

Beginner Wednesdays 11-11:45am (Member: \$150/Non-Member: \$200)

This is a beginner course for juniors with little experience in golf. The fundamental course incorporates golf and non-golf activities to help make the transition in to golf simple and comfortable for the junior. This course is designed around a FUN environment in which juniors can learn the game of golf.

- This is an Outcome based program, not a Skill based program
 - Example: Not "Here's how you throw the ball", rather, "Throw the ball to this spot"
- Grip, Posture, Alignment, Swing, Introduce short game
- Object control, Weight Transfer, introduce striking and throwing sports to better grasp transition and balance

Intermediate (suggested age 13 and under) Wed 9:30am-10:30am (Member: \$200/Non-Member: \$250)

This course is designed for juniors who wish to develop their game beyond just the fundamentals of the swing. While maintaining the FUN environment, we begin to develop the golf skills needed to create a consistent and repeatable swing.

- 6 Hole competitions after instruction
- This is Form based program (Skill Stage), so we are going to make certain they are performing the skill correctly!
- Full swing, Putting, Finesse shots, importance of practice
- Incorporate striking and throwing and wrist release sports to better understand the swing technique
- Encouraged to join the PGA Junior League 13U team

Advanced (suggested age 14-18yrs) Wednesdays 8:00am-9:00am (Member: \$200/Non-Member: \$250)

This course is designed for experienced juniors who want to take their game to the next level (competitive play). We continue to focus on swing mechanics and incorporate competitive drills and games to help prepare the junior for tournament golf. This course features more golf and less non-golf activities.

- 9 Holes competitions after instruction.
- Focus on Technique
- Competitive drills, and matches
- Effective practice, Full swing, bunkers, finesse shots, putting, and course management
- Include activities that develop awareness, balance, mobility, and strength training
- Encouraged to join the PGA Junior League 17U team

Junior's Name _____ Age _____ Program Level _____

Parent Name _____ Phone _____

Email _____ Interested in the PGA Junior League? Yes No

For questions or to sign-up please contact Matt Kennedy: Phone: (608) 249-1000 ext. 121,
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