



JUNIOR GOLF PROGRAMS

JR. GOLF 101 *****FREE***** INTRODUCTION IN MAY & JUNE

July/August/September - \$125.00 per month For ages 6-8 Sundays 9am-10am

Junior Golf 101's objective is to introduce kids to the game of golf.

Topics include:

- safety & rules
- golf course & equipment
- fun & games
- physical activity that promotes agility balance and coordination

Kids will participate in activities that will introduce the basic body movement that are essential for golf. This program is designed to engage kids through fun activities. Golf will be the underlying theme; however unique teaching methods will employ the likes of hockey, soccer and baseball activities to grow the golf specific movements needed in future years.

[CLICK HERE](#) for Jr. Golf 101

[CLICK HERE](#) for Jr. Golf 101 Registration Form

Submit registration forms by sending via fax to Core Golf Academy at Willow Valley at 905.315.7022 or scan and email to willowvalley@coregolfacademy.com

Little Willows May/June/July/August/September - \$250.00 per month

For ages 8-12 Thursdays 6pm – 7pm & Sundays 10am-11am

For ages 13-17 Thursdays 7pm – 8pm & Sundays 11am – 12pm

Little Willows objective is to introduce the element of playing golf and competing while building on the skill sets needed to carry through to the train to compete level. Students will experience a fun learning environment and will be introduced to concepts like scoring, creativity, game management, shot types, distance/direction and learn ways to improve control.

Topics include:

- building flexibility, balance, strength & power
- responsibility and golf etiquette
- respect for yourself, playing partners, & the course
- winning/losing and competitive golf
- refining golf specific movement patterns
- distance, direction, and target awareness
- swing movement
- club design
- club face, swing path, ball striking skills
- core strength development

[CLICK HERE](#) for Little Willows

[CLICK HERE](#) for Little Willows Registration Form

Submit registration forms by sending via fax to Core Golf Academy at Willow Valley at 905.315.7022 or scan and email to willowvalley@coregolfacademy.com