

# BEGINNER PROGRAMS

MyGolf is Australia's National Junior Introductory Program designed for 5 – 12 year olds. It provides a fun, accessible, affordable and satisfying introduction to the sport, promoting skills development, as well as the fun and social aspects of the game.

There are 3 levels of the MyGolf program:

- : Rookie – Try Golf (5-7 Year Olds)
- : Star – Learn the Skill (8-10 Year Olds)
- : Master – Prepare to Play (11-12 Year Olds)



There are a few simple philosophies upon which the program is based:

## **FUN!**

To keep juniors involved and excited about golf, it needs to be fun!

## **LIFE SKILLS**

Children are introduced to valuable life skills throughout the program, which will assist them not only on the course, but in everyday life – respect, sportsmanship and perseverance.

## **GAMES**

Using games is the best way for juniors to learn and develop skills while still having fun. The MyGolf program encourages learning through fun, team-based inclusive games and activities that allow for skill repetition and progression.

## **SIMPLICITY**

The program enforces the idea that golf is simple and easy to understand. In essence, there is one swing in golf that can be shortened or lengthened to make the ball travel different distances.



Over the next month, there will be programs taking place at:

VENUE	START DATE	NUMBER OF SESSIONS	START TIME
Stonecutters Ridge Golf Club	February 21 <sup>st</sup>	6	16:15
Stonecutters Ridge Golf Club	February 25 <sup>th</sup>	6	13:00
Stonecutters Ridge Golf Club	February 25 <sup>th</sup>	6	13:45
Stonecutters Ridge Golf Club	February 25 <sup>th</sup>	6	14:30
Gold Creek Country Club	March 6 <sup>th</sup>	5	16:30
Chatswood Golf Club	April 11 <sup>th</sup>	3	14:00
Port Macquarie Golf Club	May 2 <sup>nd</sup>	9	16:00

To search for a program near you by postcode, and to register, just click on the image below. Check in before the next school holidays for a great activity to keep the kids entertained!

