

# FAQ for participants

Get into Golf Seniors (Better Ageing Grant)



**Golf**Australia

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## Get into Golf Seniors (Better Ageing Grant)

**1. Who is the program for?**

Inactive Australian seniors.

**2. Which facility can I participate at?**

You can register to participate at any facility you like. There will be a few selected programs that will only be available to Aveo residents (these will be labelled 'Aveo residents only').

**3. How long does the program go for? How much do I have to pay?**

Each program goes for 5 weeks (1 x 60min session a week). The program is FREE for participants.

**4. How do I register for a program?**

Participants will register online at [www.golf.org.au/getintogolf](http://www.golf.org.au/getintogolf). There is a list of programs and venues participants can register into. New programs will be added to this list quite regularly.

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### 5. **What will I be doing in the program?**

The program will develop golf skills through task orientated and games-based learning. There will be some light exercises and plenty of time to socialise too. Groups will also go through a pre and post assessment of their upper and lower body strength, agility and flexibility.

### 6. **What is the pre and post assessment?**

The pre and post assessment is conducted to help bring awareness to the participants current physical condition and to highlight the potential benefits of participating more regularly in physical activity. There is strong scientific evidence correlating performance on these tests with predicted life expectancy.

### 7. **What do I do if I don't have an email address?**

There are a few solutions to this question. One is to set up your own email address (Gmail is quick and easy to set up). You can use the email address of a family member or if you are an Aveo resident an email for your Aveo site. If none of those solutions work, you can contact Golf Australia to assist.