



COMETS Learn to Golf

FUNDAMENTALS AGES 7-11

LONG TERM PLAYER DEVELOPMENT PROGRAM

11 CLASSES: 13 HOURS TOTAL \$365 + GST

The COMETS Learn to Golf Program continues to build and develop athletic movement and golf skills learned in the STARS Program, while also introducing course-like playing skills. This program helps to prepare students who are interested in progressing to the Elite level programs in the future.

Classes run on a weekly basis and are designed for all children who are interested in developing into good athletes and proficient golfers. Instructors will provide a fun, socially interactive learning environment, focusing on athletic coordination, games, golf-specific skills and education, some on-course playing opportunities and plenty of positive reinforcement.

By the end of the 11 classes, children will have learned the basics of the golf swing and put their skills to the test during scheduled “activity nights.” Some prior golf experience is necessary.

Our course objectives and learning outcomes include:

Golf Fundamentals

Grip, Stance, Aim, Posture and Alignment

Balance, Rhythm

Full Swing – Short Irons/Mid Irons

Full Swing – Hybrids/Metal Woods

Short Game – Putting, Chipping, Pitching and Sand

Physical Literacy

Motor Skills, Agility, Balance and Coordination

Strength and Power

Movement/Travelling Skills/Object Control Skills

Balance Movements, Stamina and Flexibility

Fine Motor Skills (Dexterity and Synchronization)

Golf Education

Golf Safety & Courtesy for Others

Golf Course Etiquette

Basic Golf Rules

Basic Golf Terminology

Life Skills

Sportsmanship, Respect and Integrity

Basics of Healthy Exercise, Nutrition and Diet

Positive Self Talk & Calming Exercises

Focus and Awareness of Others

Coaches: Gordon Jarvis, PGA Canada

Class Size: Min. 6 – Max. 7

Session 1: Mar 6 to May 15, 2026

Friday's 5:15 to 6:25 pm \$365 + GST

Session 2: May 29 to Aug 7, 2026

Friday's 5:15 to 6:25 pm \$365 + GST

Session 3: Aug 21 to Oct 20, 2026

Friday's 5:15 to 6:25 pm \$365 + GST

*** Classes will run for 11 consecutive Fridays in each session**

