



NEXUS PROGRAM

INTRODUCTION TO COMPETITION AGES 9-15

LONG-TERM PLAYER DEVELOPMENT PROGRAM

21 CLASSES: 35 HOURS TOTAL \$799 + GST

Brand new for 2026, the Nexus Program is an introductory level class that will focus mainly on developing overall game skills along with a healthy foundation for entering the world of competitive golf.

Group classes will be socially interactive and include a mix of athletic training, fundamentals, golf knowledge and the basics of preparing for competition. Classes offer a balance of technical training, proper practice habits, skills challenges, on-course play, competitive games, and an Order of Merit Points race throughout the season. A two round "Championship" will be held towards the end of the summer.

By the end of the 6-month session, participants will have learned the basics of the golf swing, golf rules, etiquette, scorekeeping, a variety of different game formats, and how to prepare for events. An important expectation of this program is for all students to practice and play regularly on their own time - outside of class time – as this plays a vital role in improving physical and mental skills.

Classes run once per week on Sundays in the late afternoon or early evening, with instructors providing a fun, socially interactive learning environment with plenty of positive reinforcement. Our course objectives and continual learning outcomes include:

Golf Fundamentals

Grip, Stance, Aim, Posture & Alignment
Balance, Weight Transfer & Rhythm
Full Swing – Short Irons/Mid Irons
Full Swing – Hybrids/Metal Woods & Driver
Short Game – Putting, Chipping, Pitching & Sand

Physical Literacy

Motor Skills, Agility, Balance & Coordination
Aerobic, Speed, Strength & Power
Movement/Travelling Skills/Object Control Skills
Balance Movements, Stamina & Flexibility
Fine Motor Skills (Dexterity & Synchronization)

Golf Education

Golf Safety & Courtesy for Others
Golf Course Etiquette
Basic Golf Rules
Basic Golf Terminology
Basic Golf Scorekeeping

Life Skills

Sportsmanship, Respect & Integrity
Basics of Healthy Exercise, Nutrition, Diet & Sleep
Positive Self Talk & Independent Decision-Making Skills
Situational Focus & Calming Exercises
Self Awareness & Self Evaluation

PGA Coach: Kat Kennedy
Dates: April 12 to Aug 30, 2026
Cost: \$799 + GST

Class Size: Min. 6 - Max. 7
Sunday's (5:30-7:00 Apr-May), (5:45-7:30 June-August)
Includes Academy T-shirt, Hat, Championship & Prizes

