



STARS Learn to Golf

ACTIVE START AGES 4-6

LONG TERM PLAYER DEVELOPMENT PROGRAM

11 CLASSES: 13 HOURS TOTAL \$335 + GST

Welcome to the Stars Learn to Golf Program for children aged 4-6. At this age level, children interested in golf benefit most from learning the correct fundamentals in a fun and active learning environment that includes a mix of games, activities, skill-building exercises and physical coordination activities.

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." No prior golf experience is necessary.

Our course objectives and learning outcomes for include:

Golf Fundamentals

Grip & Stance
Aim & Alignment
Posture
Full Swing
Short game

Physical Literacy

Develop Basic Motor Skills
Agility, Balance and Coordination and Speed
Strength and Power
Movement/Travelling Skills
Object Control Skills + Balance Movements

Golf Education

Introduction to Golf Safety
Introduction to Golf Course Etiquette
Introduction to Golf Rules
Introduction to Golf Terminology

Life Skills

Sportsmanship and Respect
Importance of Health, Exercise and Nutrition
Positive Self Talk
Behavior in Group Dynamics & Awareness of Others

Coaches: Gordon Jarvis, PGA Canada

Class Size: Min. 6 – Max. 6

Session 1: Mar 6 to May 15, 2026

Friday's 4:00 to 5:10 pm \$335 + GST

Session 2: May 29 to Aug 7, 2026

Friday's 4:00 to 5:10 pm \$335 + GST

Session 3: Aug 21 to Oct 30, 2026

Friday's 4:00 to 5:10 pm \$335 + GST

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

