



JUNIOR GIRLS GOLF LESSONS

\$40 + GST per 1.5 hour session

SUNDAY AUGUST 13TH

Princesses 1:30 - 3:00 pm (ages 6-11)

Young Women 3:30 – 5:00 pm (ages 12-16)

OR

SUNDAY AUGUST 20TH

Princesses 1:30 - 3:00 pm (ages 6-11)

Young Women 3:30 – 5:00 pm (ages 12-16)

Minimum 6 / Maximum 8 students per session

Reserve a spot by making a payment by phone or in person at the Blue Ocean Golf Shop

Providing girl-friendly environments for junior girls to learn the game of golf. We're the experts in making the game of golf fun, and we teach more than just stance and swing; we teach girls valuable life skills like confidence and perseverance. Our Girls Golf Program is intended to introduce the game to girls between the age of 6-16. Program details on p.2...

Coach Rhona will help prepare girls ages 6 – 16 for a lifetime of enjoyment of the game while also inspiring them to feel confident, build positive self-esteem and live active and healthy lives through [The Five E's of Girls Golf](#).

We **EMPOWER** girls with confidence and inspire them to dream BIG.

We will provide girls with quality golf instruction overseen by PGA and LPGA teaching professionals who are experts in creating competent and confident golfers. We pride ourselves in connecting our members with teachers who can take them from beginner to advanced players and who are passionate about sharing the game they love. By helping girls develop their skills **on** the golf course, we empower them with confidence **off** the course too!

We **ENRICH** girls lives by expanding their minds and horizons.

Our programs teach more than just stance and swing. Through our connection with the PGA of Canada, PGA of British Columbia, and the LPGA our girls will gain a deeper understanding of rules, history, and science behind the game of golf.

We **ENGAGE** girls with positive female role models and mentors.

For parents looking for role models for their young girls, they can feel confident in those provided by Blue Ocean golf club. By connecting girls with women, they can aspire to be like, girls inherently begin expanding their own horizons.

We **ENERGIZE** girls with passion for the game of golf.

We strive to teach and retain young girls in the game by looking for THEIR points of entry into learning and enjoying the sport, which sometimes means putting down the 7 iron and creating time for fun games and activities that catch their attention. Often, we'll cut the drills short to throw a golf fashion show, pizza party, water balloon toss . . . the list goes on and on. We're not afraid to have some fun and take a few detours along the way!

We **EXERCISE** girls' minds and bodies helping them unlock their full potential.

Did you know that playing a round of golf is equivalent to a 7 km walk or a 2 km run? Not only is golf one of the few sports you can play and enjoy for a lifetime, but it offers several health benefits. We will not only exercise girls' bodies but also incorporate fitness and nutrition education into their programming and inspire girls to lead active and healthy lifestyles.

Changing the face of the game at Blue Ocean Golf Club

