

2018 Summer Monday Junior Golf **Tennis/Swim & Social Members**

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| Wednesday May 23 rd | Sign Up Night (5:00-7:00) |
| Monday June 4 th | Putting, Short Wedge Shots, Fitness |
| Monday June 11 th | Chipping, Full Wedge Shots, Fitness |
| Monday June 18 th | Pitching, Full Irons Shots, Fitness |
| Monday July 2 nd | Bunkers, Full Swing Woods, Fitness |
| Monday July 9 th | Par 3 Course, Range Course, Fitness |
| Monday July 23 rd | Par 3 Course, Range Course, Fitness |

The Monday Summer Junior Golf Program is divided into 3 different sessions a short game session, a long game session and a Fitness session. Each session is 20 minutes long.

Short Game Session: Nate Zacher, former captain of the Crystal Lake South Golf Team, leads the short game sessions. It is designed to improve the juniors putting, chipping, pitching, bunker play, as well as using the last two sessions on a par 3 course to teach the rules and etiquette of the short game.

Long Game Session: David Thompson, PGA Head Golf Professional at Crystal Lake Country Club, leads the long game sessions. It is designed to improve the juniors wedge game, full irons game, full woods game, as well as using the last two sessions on the range course to teach the rules and etiquette of how to play golf.

Fitness Session: Wendy Sass, golf fitness expert, leads this session where she develops the coordination, agility, and strength in our juniors to enable them to play better golf.

Session 1 Ages 4 to 8 8:00AM to 9:00AM Start Time

Session 2 Ages 9 to 13 9:00AM to 10:00AM Start Time

Session 3 Ages 14 to 18 10:00AM to 11:00AM Start Time

The price of the Program is \$179