



# FIRST TEE- LAKELAND PROGRAM GUIDE 2021

Honesty, Integrity, Sportsmanship, Respect, Confidence, Responsibility, Perseverance, Courtesy and Judgment

## GO BEYOND THE PUTTING GREEN

With more than 300 locations in the U.S. and several other countries, First Tee uses golf to teach youth ages 6-18 life lessons and leadership skills. Teaming up with experts in positive youth development, First Tee helps youth become good golfers and even better people.

First Tee emphasizes Nine Core Values: honesty, integrity, sportsmanship, respect, confidence, responsibility, perseverance, courtesy and judgment. Through golf and our core values, kids and teens will learn life skills including:

- Making proper introductions
- Managing emotions
- Resolving conflicts
- Setting up step-by-step goals
- Planning for the future
- Appreciating diversity

## First Tee- Lakeland Session Schedule

**Session 1:** January 4-Feb 20

**Session 2:** Feb 22-April 17

No classes during Spring Break (Mar 22-Mar 27)

**Session 3:** April 19-June 5

**YMCA Summer Programming :** June 7-Aug 13

**Session 4:** Aug 16-Oct 2

**Session 5:** Oct 11-Dec 4

No Classes during Thanksgiving week Nov 21-Nov 27

**Cost:** \$50 Member / \$75.00 Non-Member

**Ages:** 6-18

7 week sessions/ students attend one day a week, 75 minute class

**Program Curriculum:** Sessions include a fun, group setting for youth ages 7 to 18 regardless of background or previous experience. Our coaches will create environments for PLAYers to explore different methods and, ultimately, develop their own methods for playing their best on the golf course - and through First Tee's life skill curriculum PLAYers will learn the importance of being their best off the golf course.

**Program Progression:** From age 7 through 18, youth progress through different levels by demonstrating The First Tee Nine Core Values, life and golf skills as well as passing an assessment. This program is designed for participants to proceed at their own pace; meaning, participants may need to participate in multiple sessions before progressing to the next level.

**Class descriptions on reverse.**



YMCA PAR 3, Home of The First Tee  
1740 George Jenkins Blvd.  
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# FIRST TEE-LAKELAND

## INSTRUCTION CLASSES

### ADVANCING THROUGH THE PROGRAM

At First Tee-Lakeland, youth progress through levels by demonstrating First Tee Nine Core Values, life and golf skills as well as passing an assessment.

#### Introduction Class:

##### Target (Ages 5-6)

This level is designed to introduce youth to the game of golf while making it fun. Target is the most basic Life Skill (LS) level and serves as the introduction to the game of golf. S.N.A.G equipment is used to make the game of golf more enjoyable and safer for this 5-6 year old age group.

**Mondays or Tuesdays:** 4:00pm-5:15pm or 5:30pm-6:45pm

**Thursdays:** 5:30pm-6:45pm

#### Program Certification Levels (ages 7-18)

##### PLAYer (Level 1) Minimum age 7

This is the first certification level of The First Tee program. PLAYer introduces participants how to play the game of golf with special emphasis on learning the basics of golf and First Tee Code of Conduct. PLAYers learn to appreciate the rules and etiquette of the game and begin to develop their own golf game through the term GRiTS (Get Ready To Swing).

**Mondays or Tuesdays:** 4:00pm-5:15pm or 5:30pm-6:45pm

**Thursdays:** 5:30pm-6:45pm / **Saturdays:** 9:00am-10:15am

**Girls Only:** Wednesdays 4:30pm-5:45pm

##### Par (Level 2) Minimum age 9

The Par level is the second certification level. Par level emphasizes interpersonal communication and self-management skills. Golf skills learned include all the basics such as different golf course components, types of golf clubs and the fundamentals of the golf swing; as well as learning how to introduce themselves, the meaning of respect for yourself, and finding their own "personal par" - both on the course & in everyday life.

**Tuesdays or Thursdays:** 5:30pm-6:45pm / **Saturdays:** 9:00am-10:15am

**Girls Only:** Wednesdays 4:30pm-5:45pm

##### Birdie (Level 3) Minimum age 11

Birdie level focuses exclusively on goal setting and how to go about achieving both long term and short term goals. Golf skills include: Golf Fundamentals of Distance Response, Target Orientation, Get Ready to Swing, Body Balance, Clubface and Ball contact, Swing Rhythm, and Pre-Shot Routines.

**Thursdays:** 5:30pm-6:45pm

##### Eagle (Level 4) Minimum age 13

Eagle level participants learn resilience skills, conflict resolutions, and future planning. Participants will have more in-depth learning of the golf skills and focus on tournament preparation and competitive golf. Golf skills include: course management, swing rhythm/swing plane focus, pre-shot and post-shot routines, and advanced putting/short game skills.

**Class day & time TBD, based on participation**