



THE FIRST TEE OF LAKELAND PROGRAM GUIDE FALL 2020

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

GO BEYOND THE PUTTING GREEN

With more than 1,200 locations in the U.S. and several other countries, The First Tee uses golf to teach youth ages 5 to 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.

The 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

The First Tee Fall 2020 Session Schedule

August 17-October 3
October 12-December 12

Cost: Target and All Certification Levels:
\$50.00 Y member / \$75.00 non-member

Ages: 6-14

7 week sessions/ students attend one day a week, 1 ½ hours day.

Program Curriculum: Developmentally based, supporting golf skills development and life skills (character) development, such as; interpersonal relationships, self-management, goal setting & resistance skills.

Program Progression: This program is designed for students to proceed at their own pace. Therefore, some students may enroll in the same class for more than one session in order to master the proper skills before moving to the next level. Once a student masters the skills in the "Front 9" session of a class they will move into the "Back 9" session of the class.

[Class descriptions on reverse.](#)

YMCA PAR 3, Home of The First Tee
1740 George Jenkins Blvd.
863-267-9622

Gerald Richardson, Executive Branch Director





THE FIRST TEE OF LAKELAND INSTRUCTION CLASSES

ADVANCING THROUGH THE PROGRAM

At The First Tee of 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 6-7)

This level is designed to introduce youth to the game of golf while making it fun. Coaches may use the "SNAG" (Starting New at Golf) equipment designed by The First Tee to help encourage success and fun rather than frustration or fear of failure at this early age. It is recommended students who currently have their own equipment, only bring a maximum of 4 clubs to class; a putter, 1 short iron, 1 long iron and 1 from the following- hybrid/3 wood or driver.

Monday 5:30-7:00pm / Thursday 5:30-7:00 pm

Program Certification Levels (ages 8-14)

PLAYer (Level 1)

This is the first certification level of The First Tee program. All students, ages 8 and older, regardless of golf-skill level, will begin at the PLAYer level. Here they are introduced to basic golf swing fundamentals, life skills, healthy habits and the game of golf! It is recommended students who currently have their own equipment, only bring a maximum of 5 clubs to class; a putter, 1 short iron, 1 long iron and 2 from the following- hybrid/3 wood or driver.

Mondays, Tuesdays or Thursdays 5:30-7:00pm / Saturdays 9:00-10:30am

Par (Level 2)

The Par level is the second certification level. Students must have successfully completed the PLAYer level before enrolling in the Par class. Participants will be exposed to rules of the game, formats of play, etiquette and traditions of the game. It is recommended students who currently have their own equipment, only bring a maximum of 6 clubs to class; a putter, 1 short iron, 1 mid iron, 1 long iron and 2 from the following- hybrid/3 wood or driver. It is recommended students who are at the Par level seriously consider playing the Central Florida Junior Golf Tour. This level of competition will prepare the student for middle school or high school golf.

Tuesdays or Thursdays 5:30-7:00pm / Saturdays 9:00-10:30am

Birdie (Level 3)

The Birdie level is designed for the more advanced junior golfer who has completed the Par level. Students will build upon the lessons learned in the Par level and focus on the skills and strategies necessary to play good course management. It is recommended students who are at the Birdie level seriously consider playing the Central Florida Junior Golf Tour. This level of competition will prepare the student for middle school or high school golf.

Mondays or Tuesdays 5:30-7:00pm

Eagle (Level 4)

The Eagle level is designed for the most advanced golfers who have completed the Birdie level successfully. The Eagle level is designed to help students gain a better understanding and prepare them for competitive tournaments and league.

Class day & time TBD, based on participation.