



JUNIOR GOLF COACHING

AT STADDON HEIGHTS GOLF CLUB

We have Saturday morning coaching sessions throughout the year for all juniors aged between 5 and 18. Juniors of all abilities are welcome.

The times are 10am - 11am and the sessions aim to help the juniors improve their golf, strength, flexibility and their overall development as a person.

We spend around 15-20 minutes doing various exercises to develop the juniors strength and co-ordination and all movements we work on will help them with movements required in a golf swing.

In addition we work to the Golf Foundation Junior Passport Scheme as this is a national programme to enhance the lives of young people through playing golf.



EVERY SATURDAY MORNING 10-11AM



BOOKING IS PREFERRED, PLEASE CONTACT US FOR MORE DETAILS & BOOKING

Staddon Heights Golf Club, 96 Staddon Lane, Plymstock, Plymouth, PL9 8SP.
Telephone: (01752) 402475 | www.staddonheightsgolf.co.uk