

AIM | Golf Academy
at Royal Ashburn



AIM GOLF ACADEMY JUNIOR GOLF & SPORTS CAMPS

\$500 per week + hst

(a minimum of 7 campers required to run each camp week)

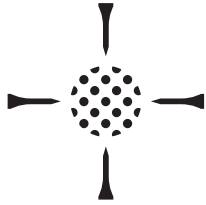
Camp Dates / Camp Hours: 9am - 4pm *(Lunch included):*

- July 4th
- July 11th
- July 18th
- July 25th
- August 8th
- August 15th
- August 22nd
- Possible 4 day camp: August 1st

The AIM junior camps are a great place to introduce the game of golf for kids aged 8 to 15 where they can develop a love for the game in a fun and enjoyable environment.

Over the course of the week the juniors will be introduced to putting, chipping, full swing fundamentals and motor patterns and the rules and etiquette of the game. Our camp programming is designed to include not only golf instruction but parts of our AIM Movement program that has been altered to focus on junior development as well as mixing in other sports to improve overall athleticism. Our AIM Movement program will teach our juniors the golf swing motor patterns first without the club, and then put the new motor patterns into golf swing on the driving range.

Each day our campers will have golf instruction in the morning and afternoon by PGA of Canada Professional instruction and then be provided with practice time to hone in the new skill taught for that session. Each instructional clinic will focus on a different aspect of the swing to provide all campers the ability to work on their entire golf game. Practice drills and games will be utilized to provide a competitive practice atmosphere to help improve their skills.



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Each day in the afternoon our camp leaders will play a different sport or activity each day to help teach and improve our juniors hand/eye coordination, athleticism, teamwork and cardiovascular strength.

Our campers will be provided with a healthy box lunch each day prepared with a drink and some refreshments throughout the day. It is still highly recommended to send your child with plenty of water to also keep them hydrated throughout the day. Additional food or drink is available for purchase if needed at the golf club.

Sample Camp Day Schedule:

- 9:00 Warm up / stretching / AIM Movement / Ultimate Frisbee
- 10:00 Golf Instructional clinic
- 11:00 Practice / drills / competitions for skill worked on
- 12:00 Lunch time
- 1:00 Soccer game
- 2:00 Golf Instructional clinic
- 3:00 Practice / drills / competition for skill introduced
- 4:00 Home time pick up at range