



ADULT GOLF LESSONS

UNSUPERVISED YOUTH PLAY POLICY

In order to be approved for unsupervised play, golfers sixteen years of age and younger must successfully complete the following: **pass a written multiple choice test related to golf rules, etiquette and safety or complete the Oak Hills Junior Golf Camp.**

Young golfers ages nine through sixteen who do not meet these requirements and all youth golfers ages eight and younger will be permitted to play only under the supervision of someone seventeen years of age or older. Violations of rules, poor etiquette, bad sportsmanship, abuse of facilities, horseplay and/or other complaints received from golfers will be grounds for suspension and/or revocation of the privileges granted under this policy.

*LATE FEE

Registrations received after 5 p.m. on the designated deadline date for a program are not guaranteed placement in the program. Fees will increase for those allowed to register after the deadline where there is still space available.

GOLF TOURNAMENTS AND OUTINGS

It's not too early to reserve a date for your golf tournament or outing. Dates may be reserved up to one year in advance. Some dates may already be reserved, so book your outing or tournament now.

In order to book a date for your tournament or outing, contact the clubhouse at 634-6532. All tournament contracts require a \$100 deposit.

Under the Parks and Recreation Golf Tournament and Outing Policy, consecutive Fridays, Saturdays and Sundays may not be reserved for tournaments. No more than four weekend days per month may be reserved. This means now is the time to plan your event.

Weekend shotgun starts must be open to the public as space allows. Weekday events are also possible. The Oak Hills Golf Center can accommodate groups up to 112. Reserve your date today!

GOLF CONDITIONAL PILATES

Do you want to improve your golf game by becoming stronger, healthier and more powerful? Try this Pilates-based golf conditioning class to help you increase your freedom of movement, build core strength, enhance performance and reduce risk of injury. This class will benefit golfers and non-golfer alike, so feel free to bring a non-golfer friend, spouse or relative. The instructor is a certified group fitness instructor, personal trainer and Stott-trained Pilates instructor. Participants should wear comfortable workout clothing. Mats and clubs will be provided.

The class will meet on Monday evenings for one hour at the Washington Park Multi-purpose room for six weeks beginning October 26. Due to the amount of one on one work with the instructor, a maximum of eight participants will be accepted in the class. Additional questions can be directed to the instructor at 619-7991 or the Parks and Recreation office at 634-6482.

Registration Deadline: Monday, October 19

<u>Activity #</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>	<u>Late Fee</u>
445691-1	Monday	5:30 p.m.	\$48	\$58
445691-2	Monday	6:45 p.m.	\$48	\$58

BEGINNING ADULT GOLF LESSONS

Adult golf lessons are offered at Oak Hills Golf Center to anyone 16 years of age or older. Each session consists of six, one hour lessons emphasizing fundamentals of grip, alignment, stance and basic golf mechanics. Each class is limited to the first ten participants. Participants must register at the Parks and Recreation office. Participants should provide their own clubs, but may borrow clubs from the clubhouse, if necessary. Lessons are held for six weeks on Wednesday.

Activity Number	Day	Date	Time	Registration Deadline	Fee	*Late Fee	Maximum Enrollment
197491-7	Wednesdays	Aug. 5 - Sept. 9	5:30 - 6:30 pm	July 29	\$50	\$60	8

INTERMEDIATE ADULT GOLF LESSONS

Intermediate Adult Golf Lessons is our next level in group golf lessons. The session consists of more one on one time with the instructor, golf course management, shot shaping, and a variety of short game styles. Sessions will be held on Tuesdays or Wednesdays for six weeks for one hour. Participants should provide their own clubs.

Activity Number	Day	Date	Time	Registration Deadline	Fee	*Late Fee	Maximum Enrollment
197492-3	Wednesdays	Aug. 5 - Sept. 9	6:45 - 7:45 pm	July 29	\$50	\$60	6