

First Tee Program

Age Group Descriptions for Registration Portal

Age 7-9

First Tee Program for ages 7-9 teaches the game of golf in a fun, safe, and empowering environment. At this age group, we are **introducing and engaging** participants with both golf and life skills.

Participants will get active and play golf with their peers to help them build inner strength, self-confidence, and enthusiasm for the game. Classes are designed to accommodate new and returning golfers of the same age. Participants will register and be grouped by age and will progress through the program as they “age up,” with lessons adjusted to challenge players at their skill level.

Age 10-11

First Tee Program for ages 10-11 supports the **exploration** of both character and golf skills in active and collaborative ways.

The learning experiences in the course help to build inner strength, self-confidence, and an enthusiasm for the sport, while encouraging the development of positive Game Changing behaviors. Classes are designed to accommodate new and returning golfers of the same age. Participants will register and be grouped by age and will progress through the program as they “age up” with lessons adjusted to challenge players at their skill level.

Age 12-13

First Tee Program for ages 12-13 focuses on the development of both golf and character skills. The lessons and activities in this program **empower participants** to explore both golf skills and character commitments appropriate for their stage of growth and development.

Coaches support the development of confidence in participants through additional opportunities for them to demonstrate mastery and growth in their golf skills and abilities. Classes are designed to accommodate new and returning golfers of the same age. Participants will register and be grouped by age and will progress through the program as they “age up,” with lessons adjusted to challenge players at their skill level.

Age 14+

First Tee Program for ages 14+ places a greater emphasis on the personal development of participants. These lessons help participants **elaborate** on their understanding, applying what they have learned to new situations on and off the course to deepen their skills as they **evaluate, reflect on, and provide evidence of their new understanding** of life and golf skills.

As participants learn more about who they are and what they are capable of, they have the opportunity at First Tee to begin to look towards the future and plan their own paths. Classes are designed to accommodate new and returning golfers of the same age.