



JUNIOR GOLF ACADEMY

2022-23 SCHOOL YEAR

Golf, fitness training and sports psychology advice for all levels. From 3 to 17 years.
Saturdays from October to June (except public holidays).
PGA Catalunya Golf and Wellness (driving range), Caldes de Malavella

BABY

3 to 6 years (€70/month) from 11.30 am to 12.30 pm

DISCOVERY

7 to 12 years (€80/month) from 10.00 am to 11.30 am

COMPETITION

13 to 17 years (€90/month) from 12.30 pm to 14.30 pm



PGA CATALUNYA
GOLF AND WELLNESS



BABY

Areas of focus:

- Discovery of the golf environment
- Getting to know the game
- Familiarisation with the equipment
- Games designed to develop motor skills
- Group integration



DISCOVERY

Areas of focus:

- Improving golf shots
- Defining situations on the golf course
- Introduction to competition
- Physical exercise (long term physical development)
- Encouraging values in sport



COMPETITION

Areas of focus:

- Advanced technical expertise
- Exercises, routines, training & competition planning
- Physical training for golf
- Developing the mental skills for competing
- Encouraging values in sport



INFORMATION AND BOOKINGS

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