



SUMMER CAMP ALCAIDESA GOLF 2021

CONDITIONS:

Date: From 28th of June. Mondays until Fridays.

End: 6th of August.

Timetables: 9.30 a.m. 1.30. p.m.

Ages: from 6 years until 16 years old (Divided by age groups)

Extra Services: Bottle of water and a piece of fruit (Could be modified due to our provider)

Weekly rate → **160 euros and 15% discount for second child.**

For members of our Golf Academy the rate will be **150 euros and 20% discount for second child.**

COMPULSORY TO BE PAID IN THE PROSHOP BEFORE THE STARTING DATE OF THE CAMP.

10% DISCOUNT FOR 2 WEEKS PACK.

WELCOME GIFT Polo shirt, tees and academy balls.

RFEG Covid Protocol for golf lessons:

- Maximum 12 people per PRO.
- Social distance.
- Higienic-Sanitary measures.
- All the elements in the practice facilities will be sterilized by the Golf Club.

PROGRAMM:

Monday

Warm up. Short game and putt. 20 minutes break. Games for practicing the learned technique. Psychomotor golf games (strength exercises, rotation, and improvement of flexibility)

Tuesday

Warm up. Long game focus in medium distances. 20 minutes break. Precision games in order to practice the learned technique. Juego largo enfocado a distancias medias. Descanso de 20 minutos para el refrigerio. Golf movement exercises, body knowledges and stability exercises.

Wednesday

Warm up. Short game and putt. 20 minutes break. Games for practicing the learned technique in the previous days. Psychomotor golf games.

Thursday

Warm up. Driving range focus in practicing long distances. 20 minutes break. Drive competition. Stretching exercises.

Friday

Play at the golf course in order to practice the learned techniques during the week, if the weather conditions are favourable and the golf course is available. Break in golf course.

In case the golf course will be not available, this competition will take place at the end of the Driving range.

Ludic games.

NOTES:

1. Use of higienic mask (compulsory)
2. Material will be included (clubs, golf balls and all the necessary to develop the golf activities)
3. It is necessary to specify any allergy or illness that needs of a special attention and be mentioned in the registration form.
4. It is required to be punctual.
5. Please advise in case of any incidence.
6. It is necessary that the child will be protected for the sun, wearing a cup and with sun protection, and also their own water.
7. It is necessary the consent of the guardian for recording videos or take pictures of the children during the Summer camp. This material will be sent at the end of the camp to the guardians.

INFORMATION & BOOKINGS:

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