

BootCamp Class - Learn to Golf

New Golfer

- 1 Enroll in academy class
- 2 Choose add-on programs
- 3 Watch your golfer grow



6 LEVELS | 12 SUBJECTS | 72 OBJECTIVES



ENROLL TODAY

BILL BORGMAN, PGA
JUNIOR ACADEMY DIRECTOR
Whitehall High School Coach



For more information please email
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To learn more about the Operation 36®
Program & Curriculum please visit
www.Operation36.Golf

PROGRESSING TOWARDS
PAR OR BETTER ON AND OFF THE COURSE

**4 Hour Class are for:
Anyone looking to learn golf.**

Session 1 - April 20 - 12:00 - 4:00 pm

Session 2 - May 25 - 12:00 - 4:00 pm

Session 3 - June 9 - 12:00 - 4:00 pm

Each Class open to 8 students.

Cost \$79 per person - golf clubs available

ACADEMY CLASSES

LEARN THE GAME

Juniors will learn the game in a weekly group class where a coach will progress students through the 6 level Operation 36® curriculum.

OPERATION 36® MATCHES

TEST YOUR SKILLS

The Operation 36® Matches challenge golfers to shoot the score of 36 for 9 holes from 6 different yardage divisions on the course.

SUPERVISED PRACTICE

TEST YOUR SKILLS

Golfers can accelerate skill development by training alongside a coach who sets up a structured and efficient practice session.

@ Borgman Golf Academy students will learn the 9 core values in life.

- honesty
- integrity
- sportsmanship
- respect
- judgment
- confidence
- responsibility
- perseverance
- courtesy

Here are five health benefits of playing golf that may surprise you:

1. Burning Calories

Believe it or not, walking 18 holes and carrying your bag can help you burn as much as 1,500 to 2,000 calories, depending on the weather and the terrain of the course. Obviously a hillier track will work you out more, but even on a flatter layout, a round of golf is still a walk of some six or seven miles, with an added weight of a couple dozen pounds distributed across your back and shoulders.

2. Working Core Muscles

While walking with your bag, if you have good posture you'll be working out your core nicely as well.

3. Strengthening Your Heart

If you walk three to five 18-hole rounds of golf per week, you will be giving your heart the exercise it needs to perform at its peak.

4. Getting Vitamin D

Soaking up a few hours of sunlight (while applying an appropriate amount of sunscreen, of course) will help your Vitamin D levels. This helps with bone growth, heart health and keeps anxiety levels to a minimum (as long as you don't agonize excessively over your double-bogeys).

5. Mental Exercise

Golf is great for the mind. Every hole — especially a thoughtfully-designed one — is a puzzle. More often than not, golfers who try to use only brute force generally do not shoot the lowest scores. Just look at Jordan Spieth: he dissects golf courses and almost always misses shots in the least penal spots. Golf teaches golfers problem solving and keeps the mind sharp.

6. Live Longer

Studies show a person who plays golf, has a 5-year increase in life expectancy.

Sign up today - email Bill at borgmangolf@gmail.com