

ADULT **golf** LESSONS

Group lessons (Ages 18 and older)

Have fun learning the game of golf (*beginner level*) or improving your existing skills (*intermediate level*)! Instruction will cover the golf swing starting at the green and working back to the tee. Shots to be covered include putting, chipping, pitching, sand play, full swing irons, full swing woods, and specialty shots.

Aldeen Practice Centre 1902 Reid Farm Rd, Rockford

Resident	\$65.00
Non-resident	\$75.00

TUESDAYS	May 25–June 29 Rain date July 6
ID# 730108-61	4:30–5:15 pm • Beg/Intermediate
ID# 730108-62	5:30–6:15 pm • Beg/Intermediate
ID# 730108-63	6:30–7:15 pm • Beg/Intermediate

TUESDAYS	July 13–Aug 17 Rain date Aug 24
ID# 730108-71	5:30–6:15 pm
ID# 730108-72	6:30–7:15 pm

THURSDAYS	May 27–July 1 Rain date July 8
ID# 730108-64	4:30–5:15 pm • Beg/Intermediate
ID# 730108-65	5:30–6:15 pm • Beg/Intermediate
ID# 730108-66	6:30–7:15 pm • Beg/Intermediate

THURSDAYS	July 15–Aug 19 Rain date Aug 26
ID# 730108-73	5:30–6:15 pm
ID# 730108-74	6:30–7:15 pm


quick facts

AGES 18 and older (*as of Jan 1*)

LOCATIONS Aldeen Practice Centre, Elliot Golf Course, Ingersoll Learning Links

REGISTRATION ends 1 week prior to start of session (*or when capacity is reached*)

LESSONS & CLINICS Instructed by PGA members and apprentices; sign-in starts 10 minutes before each class; all classes will begin at the designated time

 Adapted golf is available for youth and adults with physical disabilities. Call 815-987-1606 for more information.

ADULT GOLF

Senior group lessons (Ages 50 and older)

It's never too late to learn or improve. After all, "Golf is the game of a lifetime." Instruction will cover all areas of the game including putting, chipping, pitching, sand play, full swing, irons and woods, and specialty shots to make sure your fundamentals are solid.

Aldeen Practice Centre
1902 Reid Farm Rd, Rockford

Resident	\$55.00
Non-resident	\$65.00

TUES & THURS	April 13–27 Rain date April 29
ID# 730111-41	10:00–10:45 am
ID# 730111-42	11:00–11:45 am

THURSDAYS	May 27–June 24 Rain date July 1
ID# 730111-61	3:30–4:15 pm

WED & FRI	Aug 11–25 Rain date Aug 27
ID# 730111-81	2:00–2:45 pm

WED & FRI	Sept 1–17
	Rain date Sept 22; no lesson Sept 3
ID# 730111-91	2:30–2:15 pm

FREE! Golf clinic with Michael Hebron (Ages 16 and older)

Participants must be a resident of Winnebago or Boone County. The clinic is free, however, pre-registration is required. Join special guest instructor Michael Hebron (*PGA Master Professional and Author, Smithtown Landing Country Club, Smithtown, NY*) for this clinic which includes instruction and practice time on the driving range and putting green.

Ingersoll Learning Links 101 Daisyfield Rd, Rockford

SUNDAY	ID# 230112-00	June 6 • 1:00–3:00 pm
---------------	----------------------	-----------------------

Ladies group lessons (Ages 18 and older)

Get your girlfriends together and have fun learning or improving your game. Classes will cover the fundamentals of the game, starting at the green and working back to the tee. Areas covered include putting, chipping, pitching, sand play, full swing, irons and woods, and specialty shots.

Aldeen Practice Centre 1902 Reid Farm Rd, Rockford

Resident	\$55.00
Non-resident	\$65.00

WED & FRI	Aug 11–25 Rain date Aug 27
ID# 730110-81	1:00–1:45 pm

Teachers & friends lessons (Ages 18 and older)

Designed for teachers and their friends to enjoy learning the game of golf. Instructed by Georgalee George, Park District *First Swing* Coordinator.

Elliot Golf Course 888 S Lyford Rd, Cherry Valley

Resident	\$30.00
Non-resident	\$40.00

WEDNESDAYS	April 28–May 19 Rain date May 26
ID# 230101-W4	4:00–4:50 pm • Beginner
ID# 230101-W5	5:00–5:50 pm • Intermediate
ID# 230101-W6	6:00–6:50 pm • Beg/Inter

PRIVATE GOLF INSTRUCTION AVAILABLE

see pg 31 of the youth section for details

Adult specialty clinics (Ages 18 and older)

These individual classes cover all aspects of the golf game, and give more in-depth attention to specific areas such as putting, chipping, and more. With minimal commitment, you can attend when it's convenient for your schedule!

Aldeen Practice Centre 1902 Reid Farm Rd, Rockford

Resident..... \$17.00 per clinic
 Non-resident \$20.00 per clinic

FRIDAY	5:30–7:00 pm	
ID# 730112-51	May 7	Woods
ID# 730112-52	May 14	Trouble shots
ID# 730112-53	May 21	Putt/chip
SATURDAY	9:30–11:00 am	
ID# 730112-61	June 5	Pitch/sand
ID# 730112-62	June 12	Irons
ID# 730112-63	June 19	Woods
ID# 730112-64	June 26	Full swing

Putt/chip The putting segment will demonstrate the fundamental principle behind a sound putting stroke; the chipping segment will emphasize the importance of the “bump and run” to lower scores.

Pitch/sand Pitching will be covered at the green area. We will emphasize important points on how to hit the ball high and stop quickly. The sand segment will cover the techniques of the explosion shot around the green, and the fairway bunker shot with longer irons.

Irons The proper grip, stance, posture, and alignment will be covered to start out the season at the driving range. There will also be an explanation of the different clubs and how they are used.

Woods The proper grip, stance, posture, and alignment will be covered to start out the season at the driving range. There will also be an explanation of the different clubs and how they are used.

Trouble shots We will cover those “trouble shots” that are often neglected on the practice tee. We will also cover explosion shots from the bunker, and short distance and fairway bunker shots at the chipping green.

Full swing The proper grip, stance, posture, and alignment will be covered to start out the season at the driving range. There will also be an explanation of the different clubs and how they are used.

new! Free ladies clinics (Ages 18 and older)

Join us during *Women's Golf Month* for one of four free clinics focusing on full swing, putting or chipping/pitching. Pre-registration required.

Ladies (ages 18 and older)FREE!

Aldeen Practice Centre
 1902 Reid Farm Rd, Rockford

Elliot Golf Course
 888 South Lyford Rd, Cherry Valley

Ingersoll Learning Links
 101 Daisyfield Rd, Rockford

TUESDAY	Aldeen Practice Centre
ID# 730112-L1	June 1 • 3:00–3:45 pm
FRIDAY	Aldeen Practice Centre
ID# 730112-L3	June 18 • 12:00–12:45 pm
THURSDAY	Elliot Golf Course
ID# 730112-L2	June 10 • 5:00–5:45 pm
WEDNESDAY	Ingersoll Learning Links
ID# 730112-L4	June 23 • 2:30–3:15 pm

Half-day golf schools (Ages 18 and older)

A destination golf school experience at a fraction of the cost!

A low student/teacher ratio will ensure lots of personal attention. These golf schools will cover much more than the typical hour lessons, and will include when to lay up short or when to go over hazards, getting out of trouble, along with swing mechanics in all areas of the game, and golf course strategy and management. Rules will also be incorporated into the golf school, and participants will be able to see before and after video analysis of their swings.

Resident..... \$110.00
 Non-resident \$130.00

Aldeen Practice Centre
 1902 Reid Farm Rd, Rockford

TUES–FRI	9:00 am–12:00 pm
ID# 730390-51	Seniors May 4–7 (ages 50 and older)
ID# 730380-51	Ladies May 11–14 (ages 18 and older)

Titleist golf conditioning (Ages 18 and older)

This program will combine the expertise of a *Titleist Performance Institute*-certified fitness instructor from OSF with the knowledge and skill of a Rockford Park District *PGA Professional* and certified instructor. The classes are certain to equip the serious golfer with the training they need to achieve optimal physical performance, as well as gain valuable tips to improve their golf games. Each class of this 3-class series will consist of a warm up, trunk rotations and the lower body, mobility and stability activities for each specific topic, hands-on instruction by a *TPI* fitness instructor, and technical training and drills taught by a *PGA* golf professional.

Aldeen Practice Centre
 1902 Reid Farm Rd, Rockford

Resident..... \$70.00
 Non-resident \$80.00

WEDNESDAYS ID# 230112-04
 May 19–June 2 • 3:00–3:50 pm