

2291 Cedar Hill X Road • Call 250-370-7200 for information

## GREEN FEES:

## Henderson Park 9-hole Par-3

ALL ADMISSION FEES LISTED INCLUDE TAX	9-HOLES	EQUIPMENT PACKAGE ***	2ND ROUND	FUN-PACK 5	FUN-PACK 10	2 month Pass	Season Pass	Add on to an Annual ROB Pass
<b>ADULTS</b> - 19 yrs & up	\$10	\$5.95	\$5	\$45	\$75	\$109	Adult/Senior	Adult/Senior
<b>SENIORS</b> - 60 yrs & better	\$7.50	\$5.95	\$3.80	\$34	\$56	\$109	Student \$275	Student \$111
<b>STUDENTS**</b> - 13 yrs & up	\$7.50	\$5.95	\$3.80	\$34	\$56	\$109	Youth up to 18	Youth up to 18
<b>CHILDREN</b> - up to 12 yrs	\$5	\$5.95	\$2.50	\$22.50	\$37.50	\$88	\$175	\$55
<b>FAMILY*</b>	\$20	add \$5.95/person	\$10	\$90	\$150	\$219	Family \$545	Family \$165

# HAPPY HOUR

Monday-Friday from 3-5pm

# only \$5.00

per 9 holes.

## COURSE SPECIALS & EVENTS



### HAPPY HOUR

Monday-Friday from 3-5pm. \$5 per 9 holes.



### LADIES' MORNINGS

Friday from 9am-Noon. Ladies pay \$5 per 9 holes. Men are welcome to golf at this time at regular price.



### SOCIAL SENIORS

Tuesday and Thursday morning games for golfers age 60+. Please arrive by 10am.



### GROUP BOOKINGS • SPECIAL RATES AVAILABLE

Call 250-370-7200 to pre-book for groups of 10 or more.



### GOLF BIRTHDAY PARTIES

Parties available for groups of up to 8 children or teens.



### FORE FAMILIES

Families pay \$10/9 holes on Sundays from 9am-Noon and Fridays from 5pm to the last tee time.

\* 2 Adults and 2 youth under 19 yrs or 1 adult and up to 3 youth.

\*\* with current student ID

\*\*\* Equipment Package: 2 clubs & 2 balls per person (with ID).

*Individual clubs are available to rent: ID required.*

## COURSE RULES & REMINDERS

Children under 8 years may golf when accompanied by an adult and carrying clubs. Green fees apply. For safety reasons no babies or strollers allowed on the golf course.

**REFUNDS** will not be given due to poor weather or crowded conditions on the course.

**RAIN CHECKS** are provided in cases of inclement weather to golfers who have commenced play but have not reached Hole No. 5.

## Henderson Park Golf Course

The place to practice your short game!

**Opening in March, weather permitting**

## PRIVATE GOLF LESSONS

Whether you are new to the game or striving to lower your score, Recreation Oak Bay's CPGA certified, and experienced instructors can offer a tailor-made program to suit your individual needs, helping you achieve your personal goals.

Working one-on-one and using the latest technology, your instructor will analyze your current skills and provide specific instructions to improve all aspects of your game.

LESSON OPTION	PRIVATE	SEMI-PRIVATE
Per Hour	\$66	\$76
6 lessons for the price of 5	\$330	\$380

**CALL 250-370-7200 TO BOOK**

Adults add tax to lessons.

Please Note: In case of cancellation, morning privates must be cancelled the night before by 6pm. Afternoon and evening privates must be cancelled by 9am on the day of lessons. Otherwise you will be charged for your lesson.



## 'ABCs of Golf'

### The Learn to Golf multi-level program

The 'ABCs of Golf' program teaches children to play golf in a fun, relaxed environment and focuses not only on the essential golf skills such as grip, stance and swing but also encourages the development of fundamental movement skills, self esteem, sportsmanship and a life long love of the game.

#### LIL CHIPPERS <sup>Ⓟ</sup>

3-5yrs

Using modified equipment and games, first time golfers learn the basic body movements for holding and swinging a club, and have fun hitting larger balls at bright big targets. The program is active and incorporates games to practice balancing, rotating, and hand-eye coordination. All equipment supplied.



Parent participation required.

Apr 17-May 29	Wed	3:15-3:45pm	\$39/7	36974
Apr 27-May 25	Sat	9-9:30am	\$28/5	36976

#### ACE

5-8yrs

The first step on the ABC's of Golf program , providing children with the fundamental skills of golf such as swing, stance, grip and putting. New golfers practice skills and drills in a fun and relaxed manner encouraging a life long love of the game.



Apr 17-May 29	Wed	3:45-4:30pm	\$59/7	36968
Apr 27-May 25	Sat	10:15-11am	\$42/5	36970

#### CONDOR

8-12yrs

For Juniors with very little or no golf experience, this class is the perfect starting point. The Fundamentals of golf such as swing, stance, grip and putting are introduced in a fun and relaxed manner along with course safety and etiquette. A great way to learn new skills, make new friends and develop a life long love of the game.



Apr 17-May 29	Wed	5:15-6:15pm	\$81/7	37594
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### ADULT / YOUTH GOLF LESSONS FAMILY LESSONS

#### GOLF FORE FAMILIES

5yrs+

Want to get the whole family up to Par? This adult and child program includes forty five minutes of instruction on basic golf skills including: grip, stance, swing, rules, and etiquette. You are then let loose on the wonderful Henderson Golf Course to practice what you have learned as a family. Maximum two children per adult. Fee is per person and includes your round of golf!

Apr 27-May 25	Sat	9:30-10:15am	\$42/5	37595
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#### SPRING/SUMMER REFRESHER

13yrs+

Want a quick refresher before you head back out on the course this season, need some strategies on how to improve your game or want to brush up for the company tournament, this is for you? The class is based around participant's needs and skill level (not advised for total beginners). Come bring your questions for our experienced and CPGA certified instructors!

Apr 17-May 29	Wed	10-11am	\$81/7	37171
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#### BEGINNER LEVEL 1

13yrs+

The perfect starting point for beginner golfers. Instruction takes place in a comfortable environment where you can learn and have fun. Sessions cover fundamentals of the swing, chipping, putting, golf etiquette, and course play.

Apr 17-May 29	Wed	9-10am	\$81/7	37229
Apr 27-May 25	Sat	11am-noon	\$58/5	37177

#### BEGINNER LADIES LEVEL 1

13yrs+

Get together a group of your girlfriends or come and make new friends in this fun, social class. All the basic golf skills and topics, grip, stance, and swing are covered with lots of time for questions and to practice what you have learned at your own pace.

Apr 17-May 29	Wed	6:15-7:15pm	\$81/7	37596
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GOLF

#### Physical literacy

is the...



**Sport for Life** ...to be **active for life**

sportforlife.ca

PLAY Group Victoria brings partners together to advance physical literacy in Greater Victoria.



#### Competence

is the development of fundamental movement skills (e.g. run, wheel, jump, throw) in different environments (land, water, air, ice/snow).

#### Confidence

is developed in welcoming and inclusive environments that allow everyone to participate to their own abilities in a way that challenges them.

#### Motivation

is developed in program environments that are fun and exciting, have a purpose to develop skills, and facilitate knowledge about activities to value the importance of being active.

physicalliteracy.ca

Sign up for lessons at the Best kept Secret in Victoria...

For more Golf lessons see the **SPRING/SUMMER ACTIVE LIVING GUIDE** available April 1