



2024 Summer Camp

Monday-Friday from 9 to 11:30 am

Campers must be reading, ideal ages 10-16 years

\$175 per week includes all greens fees, instruction & a 3 Lakes hat!

June 24-28, July 15-19 & August 5-9, 2024



Our ½ day summer golf camp is designed to be interesting and foster strong developmental skills in beginner and intermediate golfers.

Our aim at 3 Lakes summer camp is to create an atmosphere of mutual respect where campers can learn the game, improve their skills, build relationships and have fun. Enrollment is limited to 12 campers per session. Each camper's week will include a minimum of 5 hours direct on-course instruction, as well as an hour each day of group instruction. A strong emphasis is placed on the fundamentals –stance, grip, posture, full swing, rules and etiquette. These simple real world golf techniques allow even the youngest campers to enjoy the hand-on learning environment. Being outdoors, on-course the entire time makes discoveries an integral part of the curriculum. As the week unfolds campers receive quality short-game instruction and by Friday each camper will see improvements in his or her golf game and feel confident with a golf club in their hand. Register today! www.3LakesGolf.com 412-793-7111

Here are 10 great reasons why people should play golf:

- 10: **Enjoy the outdoors:** Spending a few hours in fresh air while experiencing all kinds of flora, fauna & wildlife is good for the mind, body and spirit. The relaxing color palette of blue, brown and green refreshes the spirit and promotes creativity. Golfing can help fight depression and can have long lasting results on overall well-being.
- 9: **Develop lifelong friendships:** Interacting with other players develops social skills.
- 8: **Practice personal responsibility:** Like in life, sometimes the ball doesn't always bounce your way, but regardless of the outcome there is no blaming others for what happens. Your shot is your own and improving your game is up to you.
- 7: **Have a safe place to play:** The golf course is a safe place and facilitates mentoring roles relationships in a safe, open-space environment.
- 6: **Learn to manage your emotions:** One can experience the highs and lows of emotion from one shot to the next. The range of experiences from birdies to bogeys rewards a young player's ability to keep each shot in perspective. By maintaining a positive outlook and focusing on the shot at hand players are in the moment not worrying about what is in the past.
- 5: **Appreciate diversity:** Golf is a game that is played by everyone regardless of age, gender, ethnicity, size or skill level. It can be enjoyed for a lifetime with very low injury rates.
- 4: **Prepare for business and professional areas:** Many times golf outings or invitations to golf are an important part of developing relationships in the workplace. When else can you show someone your "true colors" and spend 2-4 hours together and not be interrupted?
- 3: **Learn etiquette:** In golf there is no judge or referee, instead players govern themselves and often are required to give honors, show respect to other players & take care of the course.
- 2: **Spend time with family:** The great equalizer, golf encourages family participation with a variety of tee boxes and handicap scoring even the youngest can compete with the oldest.
- 1: **Develop healthy habits for life:** When you walk the course and carry your bag an average 150 pound person will burn around 350 calories and walk more than 10,000 steps! Golf is a sport that helps young people get off the couch and off the screen.