



## JUNIOR ACADEMY

When it comes to younger pupils, Eléa Golf Academy ethos is simple: the more enjoyable the session, the more lessons will be learned. As such, the junior golf academy has a coaching programme which consists of a series of games, challenges and tasks designed to suit different ages and levels of ability.

Created specifically for 6-14 year olds, the junior golf academy sessions ensure that your children will not only make a great start in the game, but also feel like a winner. The Eléa Estate Golf Junior Award Programme incorporates and develops the following traits and skills:

- **Mental Game** - Sessions to enhance the pupil's awareness to develop a balanced and clear mind for peak performance.
- **Intuitive Skill** - Your child will learn simple, non-technical skills to bring out his/her true potential.
- **Physical Body & Bio Mechanics** - Exercises to help flexibility, balance and movement structure for good golf and injury avoidance.
- **Technique** - Your child will learn a sound technique to suit them personally.
- **Practice Habits** - Our junior programme will help your child develop discipline skills for constant improvement.

**Eléa Golf Academy currently has over 30 students and is held on Saturday mornings with groups organised depending on their ability and age. A range of different sized clubs are available during the lesson and all range balls are included.**

**€250 for a minimum of 25 lessons throughout the year.**

Your child will always be trained by our fully qualified PGA professionals, Karl Morgan and Neil Sweeney.



**For more information please contact the Academy on +357 26 202001 or email [golfacademy@eleaestate.com](mailto:golfacademy@eleaestate.com)**

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