

2021–2022 SCHOOL YEAR

SERGIO GARCIA JUNIOR ACADEMY PGA CATALUNYA

Golf, fitness training and sports psychology advice for all levels. From 3 to 17 years. Saturdays from October to June (except public holidays).

PGA Catalunya (*driving range*), Caldes de Malavella

BABY

3 to 6 years (€70/month)

from 12:30 pm to 1:30 pm

DISCOVERY

7 to 12 years (€80/month)

from 11:00 am to 12:30 pm

COMPETITION

13 to 17 years (€90/month)

from 3:00 pm to 5:00 pm



Play Well



PGA CATALUNYA
GOLF AND WELLNESS



BABY

Areas of focus:

- Discovery of the golf environment
- Getting to know the game
- Familiarisation with the equipment
- Games designed to develop motor skills
- Group integration



DISCOVERY

Areas of focus:

- Improving golf shots
- Defining situations on the golf course
- Introduction to competition
- Physical exercise (*long term physical development*)
- Encouraging values in sport

Play Well



COMPETITION

Areas of focus:

- Advanced technical expertise
- Exercises, routines, training & competition planning
- Physical training for golf
- Developing the mental skills for competing
- Encouraging values in sport



For more information and bookings:
+34 972 472 577 proshop@pgacatalunya.com

PGA CATALUNYA
GOLF AND WELLNESS