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Council

DUXBURY GOLF PRESENTS

# GOLF

## FOR THE AGES

TUESDAYS

11AM - 1PM

DUXBURY HALL RD  
CHORLEY  
PR7 4AT



FIND OUT MORE:

01257 265380

## What is Golf For the Ages?

Discover the joy of golf, no matter your age or experience! This session is a specially curated session at Duxbury Park Golf Course, tailored for individuals over 50.

Whether you're looking to reignite your passion for the sport, adapt your game due to health challenges, or simply want to embark on a new, low-impact adventure, we've got you covered.

Dive into a 6-week rolling program where each participant receives a personalised plan to hone their skills. The first hour immerses you in the world of golf, from the driving range to the putting green, and even course play. Afterward, unwind and connect with fellow golfers and health professionals over refreshments in our cozy clubhouse.

Embrace the golden years with a swing and join us every Tuesday for a blend of sport, relaxation, and camaraderie.

### Who can apply to join?

You *must* be either:

- Over 50 or anyone with a long-term physical or mental health diagnosis

### Cost?

- £10 a session (includes 1 free drink post session) **\*First session is free.**
  - Golf equipment can be provided
  - Carers are very welcome and at no cost.

### How to apply

To book a place or to get involved in the project please email either available contact below:

#### • **Connor Macgowan**

connormacgowangolf@gmail.com

#### • **Alex Roberts**

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#### • **Alex Davies**

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