

Participate in The First Tee of Hampton Roads YMCA programs at these program facilities and affiliated courses:

**The First Tee of Hampton Roads**

2400 Tournament Drive, Virginia Beach, VA 23456  
757-563-8990 • www.TheFirstTeeHR.org

**The First Tee of Hampton Roads Lambert's Point Facility**

4301 Powhatan Avenue, Norfolk, VA 23508  
757-563-8990

**The First Tee of Hampton Roads Upshur Neck Facility**

Eastern Shore Family YMCA  
26164 Lankford Highway, Onley, VA 23418  
757-787-5601

**The First Tee of Hampton Roads Cedar Point Country Club**

8056 Clubhouse Drive, Suffolk, VA 23433  
757-563-8990

**The First Tee of Hampton Roads The Pines of Elizabeth City**

1525 North Road Street, Elizabeth City, NC 27909  
757-563-8990



**Core Values of The First Tee**

Honesty, Integrity, Sportsmanship, Respect, Confidence, Responsibility, Perseverance, Courtesy, Judgment

**The First Tee® Founding Partners**



**The First Tee of Hampton Roads**

**YMCA** is owned and operated by the YMCA of South Hampton Roads, whose mission is to put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

**Local Alliances**

City of Virginia Beach  
Virginia Beach National Golf Club

**The First Tee of Hampton Roads YMCA is proudly supported by**

The Batten Educational Achievement Fund  
The Napolitano Family Foundation  
Freedom Automotive  
Coca-Cola  
Amerigroup Foundation  
Suntrust  
Towne Bank  
Johns Brothers  
Bay Disposal  
The Virginian-Pilot

**Activate America**

The First Tee supports Activate America, a long-term initiative of the YMCA, focused on making healthy living a reality. Our programs ensure that youth, teen and adult participants remain active and moving.



the Junior Golf program of the YMCA of South Hampton Roads

**FALL PROGRAMS 2010**

Junior Golf Camp, Adult Lessons,  
Family Fun and much more!



**Mission**

To impact the lives of young people by providing learning facilities and educational programs that promote character development and life-enhancing values through the game of golf.

**Purpose**

To enrich children's lives and enhance families by teaching life skills, character, tolerance and an appreciation for learning all through the game of golf.

## What is The First Tee?

### When you think of The First Tee... do you think just golf?

At The First Tee, our main focus is on youth development, while utilizing the game of golf. Unlike any other program, The First Tee teaches nine core values that can be used on and off the golf course. Our hope is that children build their self-confidence and self-esteem while developing the skills to become a better citizen in the community—and if they love the game of golf, well then that is a bonus! Golf, and the life skills gained through the game, can be practiced for a lifetime.

**The First Tee of Hampton Roads YMCA** is a 55-acre golf facility specifically designed for children and teens between the ages of 5–17. The course is also well suited for seniors and adult beginners. Located next to Virginia Beach National Golf Club, the facility features a nine-hole course designed by Pete and Alice Dye, driving range, putting green, short game practice area, and learning center/clubhouse.

### Hours of Operation

Open 9 am to dusk, seven days a week. Inclement weather conditions may effect hours of operation and starting times. Call (757) 563-8990 for information.

**Junior equipment** (clubs, bags and balls) is available for use to all youngsters who participate in our programs. We do encourage all of our golfers to use their own equipment if available.

### Dress Code

Collared shirts must be tucked in to knee-length shorts or slacks at all times by everyone. Spikeless golf shoes or tennis shoes are appropriate. Tank tops, t-shirts, sweat pants, jeans, cut-offs, spandex or gym shorts will not be allowed. Caps and visors must be worn properly.

### Staff

To ensure quality instruction, The First Tee is directed by PGA professional, Kristal Swem. Our team of qualified golf instructors assist in all programs, under professional supervision.



## How can you become a member?

The First Tee is dedicated to offering high quality services, programs, and instruction at the finest facilities. As a member of The First Tee of Hampton Roads YMCA, you are entitled to a variety of benefits depending on your level of membership. This may include unlimited access to our driving range, practice greens, and our nine-hole course. (The First Tee of Hampton Roads membership is for the Virginia Beach location only.)

### Monthly Eagle Membership

You have the opportunity to spread the cost of your membership over 12 months. Make convenient and interest free payments through an automatic bank draft. Members receive complimentary greens fees, range balls, as well as a \$10 discount on lessons and camp with an Eagle membership.

**YMCA Members:** \$10/month

**Prospective YMCA Members:** \$20/month

### Annual Birdie Membership

Membership can also be paid in full for one year. Members receive reduced rates on greens fees and range balls when choosing this payment method.

**Individual:** \$35/year; **Family:** \$70/year

*As an added benefit, YMCA members receive 1/2 off Annual Birdie Membership.*

### Financial Assistance

It is our mission to provide accessible and affordable golf experiences for every child and family who desires to participate in The First Tee of Hampton Roads program. Assistance is offered based on eligibility and availability. Applications are available at The First Tee of Hampton Roads YMCA.

## The First Tee of Hampton Roads YMCA Programs

### Certification Programs

There are five components to The First Tee certification.

- Education
- Teaching
- Etiquette
- Life Skills
- Testing

Children can be certified in the following six levels:

- Pre-Par
- Par
- Birdie
- Eagle
- Championship
- Ace

### Fall Session Certification Dates:

Fall Session I: September 13–October 30

Fall Session II: November 1–December 18

### Class Schedule

Youth classes meet once per week for 1½ hours on the same day for six weeks.

**Monday–Friday** (choose a day from available schedule)

4–5:30 pm or 5:30–7 pm

### Saturday

8–9:30 am, 10–11:30 am, 12–1:30 pm, or 2–3:30 pm

**Adult Lessons** are available. Call or stop by The First Tee of Hampton Roads YMCA for information.

### Tournaments

**Big T Little T** tournaments are held monthly throughout the Fall and Spring to enable golfers to strengthen their skills.

The **Claude King Tournament** is held every October to partner with community leaders and businesses to raise funds in support of The First Tee of Hampton Roads YMCA.

