



YMCA of South Hampton Roads

We build strong kids, strong families, strong communities.

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The First Tee of Hampton Roads YMCA “Swings Fore Me”

A Junior Golf Program for Children with Intellectual Disabilities

Virginia Beach – “Swings Fore Me” is a summer golf program, held July 2–August 6, Thursdays, 5:30–7 pm geared toward students, ages 8–12 with intellectual disabilities who would like to experience the game of golf. A parent or an advocate must be with the student during class time instruction. The fee is \$90 for 6 classes and includes instruction, equipment and use of the practice range and golf course areas. The maximum size is 10 students per class.

The First Tee of Hampton Roads, an affiliate of the YMCA of South Hampton Roads, was founded on the promise that all children of all backgrounds will have an opportunity to develop confidence and life-enhancing values through the game of golf. For nearly ten years, it has served thousands of children and families of all races and incomes. But for all its success, a major challenge remains. The First Tee, and the area golf community in general, provide few options for intellectually disabled children. National studies show that families of intellectually disabled children cite lack of money and unsuitability of sports facilities as the major reasons for experiencing difficulties in accessing leisure facilities out of school. The First Tee of Hampton Roads is trying to take steps to change that by offering an affordable summer session for children with intellectual disabilities.

For more information about “Swings Fore Me”, please call (757) 563-8990 or visit www.ymcashr.org.

The YMCA of South Hampton Roads is a nonprofit, community-based health and human services organization that serves over 200,000 children and families each year. More than 19% of those families receive financial assistance through the Open Doors program, helping them achieve their full potential in spirit, mind and body. The YMCA’s doors are open to people of all ages, backgrounds, abilities and incomes.

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