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2024 Lifestyle Guide



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Greg Olson
General Manager

Delivering the Bearpath Experience to our Members

Our Bearpath Team makes your Club a special place for you and your family to create and experience lifelong memories in a safe, modern, and friendly atmosphere. The 2024 Lifestyle Guide is filled with great events and compelling programming for adults and children during all months of the year. I would like to encourage all members to take advantage of the annual offerings that have become tradition at Bearpath.

The Bearpath Staff looks forward to continuing to deliver the value and service Bearpath members expect and deserve.





Events

We don't remember days, we remember moments.

APRIL EVENTS

Adult COOKING Class

Thursday, April 11th



PANCAKES

WITH

BLUEY

SUNDAY, APRIL 21ST | 11AM - 1PM

MAY EVENTS

Friday, May 3rd

Spring
**STOCK
YOUR
CELLAR**
wine sale

**CINCO
DE
MAYO**

Dining Room | Sunday, May 5th

If you are interested
in "showing" a car -
Reach out to
Phillip!

*cars &
COFFEE*

Saturday, May 18th

*If cool cars & coffee are right up your alley, you
won't want to miss this fun morning at the club*

Mother's
BRUNCH DAY

SUNDAY, MAY 12TH



YAPPY HOUR

ON THE NICK PATIO

Thursday, May 23rd | 6pm - 8pm
Your favorite furry friends are invited to join you for
the happiest hour(s) at Bearpath

MAY EVENTS

Opening Day

POOL
Party

Saturday, May 25th
DJ at the Pool | 3pm - 6pm

Evening at the Nick

Friday, May 31st

All members are invited! This event is one of the highlights of the year as we officially kick off the summer season at the Club. Join us for incredible food, vendors, awesome entertainment and dancing.



JUNE EVENTS

Father's
Day

DINNER

SUNDAY,
JUNE 16

Golden
Bear

June 18-22

More information on pages 20 & 21



JULY EVENTS

Let's Go FISHING

Tuesday, July 16th

Kids ages 5 - 15 will go out with fishing guides, everything will be provided for a day of fun on Lake Riley! A Bearpath team member will accompany each boat.

9am
please arrive no later than 8:40am
(limited to 22 kids)



Saturday, July 20th

Dive into a night of neon enchantment at the Adult Neon Pool Party!

AUGUST EVENTS



YAPPY HOUR

ON THE NICK PATIO

Thursday, August 22nd
6pm - 8pm

Bring your favorite furry friends to join you at the Nick Patio for Yappy Hour! Special dog & drink vendors will be onsite!

SEPTEMBER EVENTS

PUPPY POOL PAW-TY!!

Sunday, September 15th | 10:30am - 12pm

OCTOBER EVENTS

TRIVIA NIGHT

TUESDAY, OCTOBER 22ND
6PM IN THE NICK

Team Trivia Nights are back for the winter season! Bring your team of (up to) 4 people and come have some fun!



Freaky fun fest

Sunday, October 27
4pm-7pm

For those that like to be scared, and
for those that just want to have fun!
This is a Halloween Event for
everyone!

NOVEMBER EVENTS

BINGO!

BINGO Starts at 6pm
in the family dining room



TRIVIA NIGHT

TUESDAY, NOVEMBER 12
6PM IN THE NICK

Bring your team of (up to) 4 people
and come have some fun!

Friday, November 15

STOCK YOUR CELLAR

wine sale



Ladies Night Out

Thursday, November 14th

local pop-up vendors, drinks & fun with friends



NOVEMBER EVENTS

5th Annual

Tree Lighting
CEREMONY

Friday, November 22
5:30 | refreshments
6pm | lighting ceremony



Turkey Trot 5k



Saturday, November 23rd
Join us for a 5k run on the course!



HOLIDAY PORCH PLANTER CLASS

SATURDAY,
NOVEMBER 23RD

DECEMBER EVENTS

Gingerbread House Party

Sunday,
December 1st

Make a sticky mess on our floor! We supply all the materials all you have to do is show up and have fun!



BINGO!

Bingo starts at 6pm



Ugly
Sweater
Bingo



TRIVIA NIGHT

TUESDAY, DECEMBER 10
6PM IN THE NICK

POLAR EXPRESS

Christmas
Brunch

Sunday,
December 22nd



CHILDREN'S HOLIDAY PARTY

Saturday,
December 14th
10am - 12pm

One of our favorite
events of the year!

Make sure to sign up
early as this event can
sell out!!

* CRAFTS * BRUNCH *
* PICTURES WITH
SANTA!! *

*Cancellations made within 48 hours of the event will
be billed as reserved.*

{Helpful} Things to Know

Event Registration

We request that you make reservations for most club events. Sign-up can be done online through the calendar, on the app, or by calling the front desk at 952.975.0123, unless otherwise noted. All event pricing is ++ (tax and gratuity). ***Cancellations made within 48 hours of the event will be billed as reserved.***

Closed Dates

January 1: Club Closed | New Year's Day

May 28: Club and Course Closed

June 18-22: Golden Bear Week - Limited Dining Hours

September 3: Club and Course Closed

November 28: Club Closed | Thanksgiving

December 24: Club Closed | Christmas Eve

December 25: Club Closed | Christmas Day

Holiday Orders

Leave your Holiday cooking to us so you can spend time with your family! We offer a variety of side dishes and bakery items with baking instructions for both Thanksgiving and Christmas!

Thanksgiving Orders: Place your orders between November 12th - 22nd. Pick up at the Club on November 26th & 27th.

Christmas Orders: Place your orders between December 3rd - 18th. Pick up at the Club on December 22nd or 23rd.

Order forms will be available at the Club and on the website. Turn all orders in at the front desk or email to info@bearpathgolf.com

Download the App

Head to the Google Play store or iTunes store and download our complimentary app. Book tee times, dining, club reservations, receive club texts and more!

Catering and Events

Nothing brings people together like good food and fun!



Have your next event or business meeting at Bearpath! The Catering Department strives to exceed all of your expectations.

As a member at Bearpath, the room rental for each room is waived by meeting the food minimums. Food minimums vary based on days of the week and times.

To book your next event, please contact Kim (kdavis@bearpathgolf.com) or Katie (keasthouse@bearpathgolf.com) at 952-975-5252.

We look forward to working with you.

Kim & Katie

Dining at Bearpath



Executive Chef David Owen Jones and his talented staff continue the tradition of creating and delivering ever evolving menus for our members and their guests at Bearpath. Chef David is a classically trained chef whose background includes working in several award-winning kitchens in Chicago, Milwaukee, and the Twin Cities.

Chef and his team focus on innovative midwestern-influenced cuisine. We maintain close relationships with our suppliers and farmers ensuring that the foods we serve are thoughtfully sourced. We feature a farm-to-table philosophy using locally sourced proteins, dairy products, vegetables and sustainable certified fish and seafood.

Chef David and his team welcome the opportunity to fulfill your requests and create customized dining experiences whether it be dining at the pool, in the Nick, or member dining areas.



Family Dining Room & Adult Grille



The Nick Bar



Bearpath Staff at the Easter Party





Golf

“Golf is a game of respect and sportsmanship; we have to respect its traditions and its rules”

-Jack Nicklaus

Golden Bear

Member - Member Championship

June 18 - 22

Without question, the biggest event at Bearpath! The Member-Member Championship, named after the greatest golfer ever Jack Nicklaus, celebrates Bearpath! Over 400 members participate throughout the three competitions - Women's Scramble, Women's Match Play and Men's Championship. It is an extraordinary week of golf and social events where champions represent the members of the Club with incredible pride and a place in Bearpath history!



2023
Champions



Women's Scramble

June 18 | afternoon start times
Championship Shoot-out | 7pm

Women's Match Play

June 18 | morning start times
June 19 | morning start times
Championship Shoot-out | 3:30pm

Men's Championship

June 20, 21 & 22
am & pm starting times

June 22

Championship Shoot-out | 3:30pm
Party | 6pm - 10:30pm





**THE BEST
WEEK AT
BEARPATH!**

MORE THAN JUST GOLF, IT IS AN EVENT!

BEARPATH GOLF & COUNTRY CLUB MEN'S INVITATIONAL

August 1 - 3 | Lottery Draw Happening in April
Going to be the best Invitational in Bearpath History!



2022
Invitational
Champions

*Chad Beltrand
&
Rick Kocerha*

event not hosted in 2023

The Men's Invitational is our red carpet event of the year!

This premier member-guest event hosts friends and family from around the country in a fun round-robin match play format.





This three day happening includes a practice round, stag night, two day golf competition, championship shoot-out and amazing dinner/dance
An event you will not want to miss!!



Fun for the spouse's during the Invitational



CLUB CHAMPIONSHIPS

MEN'S CHAMPIONSHIP

A match play format will crown our men's champions in both the senior (50+) and men's competitions. Qualifying rounds will establish the Championship Flight bracket with the champion crowned on Sunday. All other flights will play two rounds of stroke play, flighted by handicap.

FRIDAY, AUGUST 16

QUALIFYING FOR MATCH PLAY
(CHAMPIONSHIP FLIGHT ONLY)

FRI, SAT, SUN, AUGUST 23, 24, 25

SATURDAY & SUNDAY, AUGUST 24, 25
FLIGHT PLAY



2023 Men's Champion: Adam Rosenthal
2023 Men's Senior Champion: David Stansberry

WOMEN'S CHAMPIONSHIP



2023 Women's Champion: Kris Machut
2023 Women's 9 Hole Champion: Melissa Stull

WOMEN'S 9 HOLE: AUGUST 20

All members of the 9 hole league are welcome to compete for the women's 9 hole stroke play championship.

WOMEN'S: AUGUST 21 & 22

8am Starting Times
Flighted stroke-play championship - two days, 18 holes per day. Overall low gross will be crowned Women's Club Champion. Winners of each flight will gain entry into Women's Tournament of Champions

MR & MRS CHAMPIONSHIP

SATURDAY, AUGUST 17 | 1PM START TIMES



2023 Mr & Mrs Champions:
Ross & Katie Hedlund
Michael & Katherine Quinlan

JUNIOR CHAMPIONSHIP

SATURDAY, JULY 27



Keira Schuster



Ben Steeves

This 18 hole stroke-play competition is always a highly sought after title as it gives the winner(s) a chance to compete against the adults in the men's & women's championships.



Men's Stag Trip 2025 – Mark your calendars for late February

One of the wonderful traditions of Bearpath is the Men's Stag Trip!
Destination TBD (*hint: it will be sunny & warm!*)

Saturday Night Club

May 18, June 15, August 10, September 14

Invite your family or friends to come experience all Bearpath has to offer! Enjoy a round of golf followed by dinner in the Dining Room. \$95 guest fees provided with the purchase of a dinner entree. Golf starting times and dinner reservations required.



Saturday Breakfast Club

Saturday mornings beginning May 11th

Saturday morning Men's Mixer
(individual and team game)
Register as a single or twosome on the tee
between 7am - 7:30am and tee-off between
7:30am - 8:15am. Optional BBQ lunch available
following golf on the Nick Patio.



Men's League

Wednesdays beginning May 8th

The super popular Men's League featured over 36 -six player teams last year!

Teams compete in weekly competition and qualify for end of season league championship! Golf, dinner and fun with the guys every Wednesday!

Men's Growler

The "Growler" Men's Four-Ball Season Long Match Play Championship

Format:

Four-Ball Match Play (Better Ball of Partners)

* Championship & Consolation Brackets
(2 matches minimum per team)

*Seating determined by combined USGA index



Men's Guest Days

Thursday, June 27th

Wednesday, September 18th

Members are invited to bring 3 guests to come experience Bearpath! Lunch before the round, a golf competition, events on the course, and completing the night with dinner and awards!



Couples Twilite Golf

Friday Nights | Starting Times beginning at 4pm

May 17, 24 | June 7, 14, 28 | July 12, 19, 26 | August 9, 16

If you have not joined us for Couples Twilite yet - this is your year!! Couples Twilite is all about golf, friends & fun! Sign up to play in the informal alternate shot event with other Bearpath couples and stick around after golf for drinks and dinner.



Cub Care is available for Couples Twilite participants. Drop your kids off with us before your tee time and we will watch (and feed) them while you golf!

\$35/child Ages 4+, Sign up is required, limited to 25 kids each Friday.

Memorial Day Couples

**Monday, May 27th
2pm Shotgun Start
Dinner following golf**

Our traditional Memorial Day Couples Event is back! Enjoy golf, food & fun on Memorial Day at Bearpath!

Sign up with your favorite couple or the golf shop will pair you.



Parent- Child Golf Event

Sunday, July 28 | 4pm Shotgun

The memories of the Parent-Child will last forever! Fun afternoon on and off the course! Family friendly dinner and prizes follow the alternate shot partner golf event.



the NICK CLASSIC

Friday, October 4th

Late afternoon golf with food, live music & glow-in-the dark putting contest following golf! The Nick Classic is back and going to be better than ever!



- 18-Hole Par 3 Golf Course
- "Glow in the Dark" Putting Course
- On-Course Bar Service
- Food Trucks
- Live Music





Women's 9 Hole League

The women's 9 hole is a social, casual, and fun league for golfers of all ability levels! This group meets Tuesday mornings and late afternoons and provides a great opportunity for women of Bearpath to meet fellow members and enjoy a beautiful round of golf on the course! Come join us!!

Contact PGA Professional, Jason Lamoreaux, for more information

Women's Get Acquainted Dinner Tuesday, April 30 | 6pm

This kick-off event is for all women Bearpath. This event brings everyone together for an evening of cocktails, food, and fun.

Women's 9-Hole League Guest Day

Tuesday, June 4 | AM & PM Shotguns

This themed event brings a captivating atmosphere of FUN with friends, both on and off the course and at the beautifully decorated meal

Angel Foundation Fundraiser (golf & dinner)

Tuesday, July 9th

A special day to come together, share and celebrate as we raise funds for the Angel Foundation.





Women's 18 Hole League

The women's 18 Hole group is a social yet competitive league for golfers of all abilities. Every Thursday morning, league events are contested. A combination of mixers and singles are offered monthly. The league also has a number of social events for members to come and enjoy!

Contact PGA Professional, Phillip Olson, for more information

18 Hole League Guest Day Thursday, July 18th

Enjoy Bearpath with friends in the women's 18 hole league guest day! The format includes a two best ball of the foursome, great prizes and dinner. A perfect day to share Bearpath!



WOMEN'S GOLF

2024 Golf Calendar

April	30	Tuesday	Get Acquainted Dinner
May	4	Saturday	Opening Scramble
	7	Tuesday	Women's 9 Hole Opener
	8	Wednesday	Men's League Opener
	9	Thursday	Women's 18 Hole Opener
	11	Saturday	Breakfast Club Kickoff
	18	Saturday	Saturday Night Club
	23	Thursday	Women's 18 Hole Blind Bear
	27	Monday	Memorial Day Couples
	28	Tuesday	Club & Golf Course Closed
	31	Friday	Evening at the Nick
June	4	Tuesday	Women's 9 Hole League Guest Day
	15	Saturday	Saturday Night Club
	18-22	Tues- Sat	GOLDEN BEAR WEEK
	27	Thursday	Men's Guest Day
July	9	Tuesday	Angel Foundation
	18	Thursday	Women's 18 Hole Guest Day
	27	Saturday	Junior Club Championship
	28	Sunday	Parent-Child Event
August	1-2-3	Thu-Fri-Sat	Men's Invitational
	7	Wednesday	Men's League Finals (Round 1)
	10	Saturday	Saturday Night Club
	14	Wednesday	Men's League Finals (Round 2)
	16	Friday	Men's Club Championship- Qualifying
	17	Saturday	Mr & Mrs Club Championship
	20	Tuesday	Women's 9 Hole Club Championship
	21-22	Wed - Thurs	Women's 18 Hole Club Championship
	21	Wednesday	Men's League "Steak & Stag" Night
	23-24-25	Fri-Sat-Sun	Men's Club Championship - MATCH PLAY
	24-25	Sat, Sun	Men's Club Championship - FLIGHT PLAY
	27	Tuesday	Women's 9 Hole Closing Day
September	2	Monday	Labor Day - Club Open
	3	Tuesday	Club & Course Closed
	14	Saturday	Saturday Night Club
	18	Wednesday	Men's Guest Day
October	4	Friday	Nick Classic
	12	Saturday	Angry Bear
	19	Saturday	One Person Scramble
	31	Thursday	Course Closing

Save These Dates

set an alarm on your phone, commit them to memory, write them on your fridge.. **just don't forget these dates!**



Golden Bear

June 17 - 21, 2025

June 16 - 20, 2026

June 22 - 26, 2027

June 20 - 24, 2028

MEN'S INVITATIONAL

July 31, August 1, 2, 2025

August 6 - 8, 2026

August 5 - 7, 2027

August 3 - 5, 2028



The Golf Shop at Bearpath

Excitement is in the air when the Golf Shop opens for the season! Check out the new merchandise and shop updates for the 2024 season!

- Improved Mill River pricing
- New vendors as well as fan favorites
- Exclusive online shopping opportunities
- Trunk shows showcasing new merchandise
- One on one custom club fitting experiences



PRACTICE LIKE THE **pros**

- ▶ **TOPTRACER RANGE MOBILE** sends shot traces and detailed data directly to your phone. Hit a shot and get **instant stats like ball speed, launch angle, carry, curve, and more**. The app then stores all that data so you can track progress and measure improvement.

FEATURES

DATA-DRIVEN PRACTICE SESSIONS

Dive deeper and work on your game. All club and shot data is stored in the app for further analysis.

SKILL-BASED GAMES

Compete against range buddies and other users within Toptracer Range's global community. Take aim at virtual targets and score points based on accuracy. After you score big, see how you stack up against other Toptracer Range users on the **GLOBAL LEADERBOARD**—not only at your range but around the world.

SWING RECORDING

Ever wondered how your swing looks on camera? Activate **TV MODE** and record a video of your shot alongside stats and a trace. Send it to a coach or share it on social media.



GETTING
STARTED



- 1 Download the Toptracer Range app on your device.
- 2 Create a profile and select the green **Play Now** button.
- 3 Select **Play Mobile**, then **Locate Position**. Follow prompts.

High Performance Golf Coaching

As a member of Bearpath Golf & Country Club, you have access to some of the top private athletic facilities in the state. We take great pride in providing an exciting, enthusiastic, fun and safe learning environment that will help you and your family enjoy your experience and much, much more. In an effort to maintain the highest standards of excellence in our instructional and coaching programs, we have created comprehensive Golfer Development options that embraces the ideals of Modern Golf Coaching.

Making the Shift – Modern Golf Coaching

Like other sports, golf should be learned via coaching. Unfortunately, instruction in golf is obtained primarily via lessons provided by teachers, not coaches. Lessons alone assume that players have the ability to do what in other sports are the responsibilities of coaches – set goals, organize training plans, supervise practice, provide feedback, and transfer skills to the course.

Learning to play golf successfully involves more than just knowing what is wrong and how to fix it. Learning, by definition, involves a set of internal processes associated with practice or experience leading to relatively permanent changes in the capability or skill.

Learning requires continuous feedback and training over time – supervised practice, both on the course and off, make correct on-course decisions, and manage their thoughts, their attention, and their emotions under competition. Coaches do this; teachers do not! In the world of Modern Golf Coaching, we define this as “Coaching Across All Four Steps to Mastery”.

Golfer Development Programs:

We’ve created our Golfer Development Programs to provide golfers with programming options designed to match their desired level of performance. Each of our coaches possess a unique set of skills and are eager to help you improve.

At the heart of each Golfer Development Program, regardless of a player’s experience, are these essentials to increase enjoyment of the game:

- On course coaching sessions
- Create effective practice habits
- Mental skills and strategies
- Rules of golf
- Provide detailed feedback on player development
- Help formulate a detailed goal-setting program and training program, including advanced scheduling
- Help create a strength training and flexibility regimen

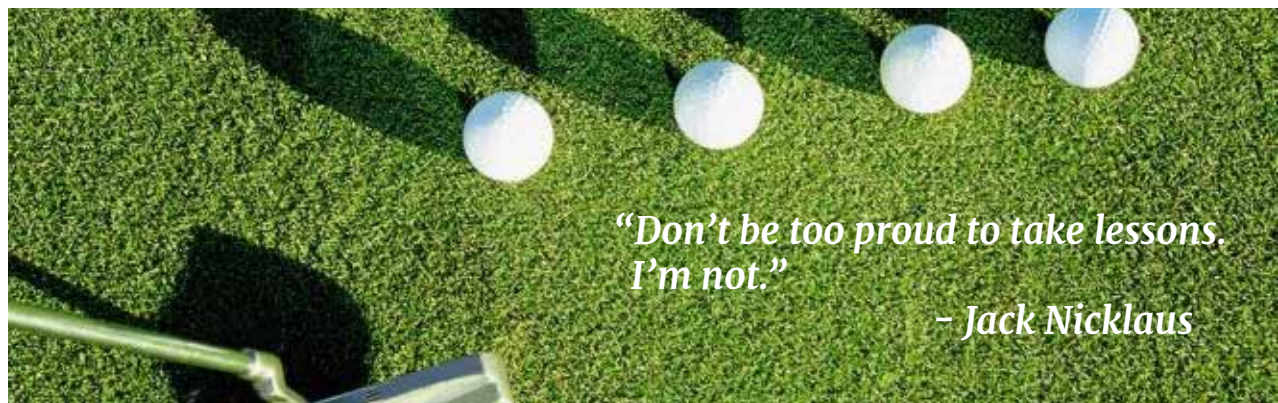
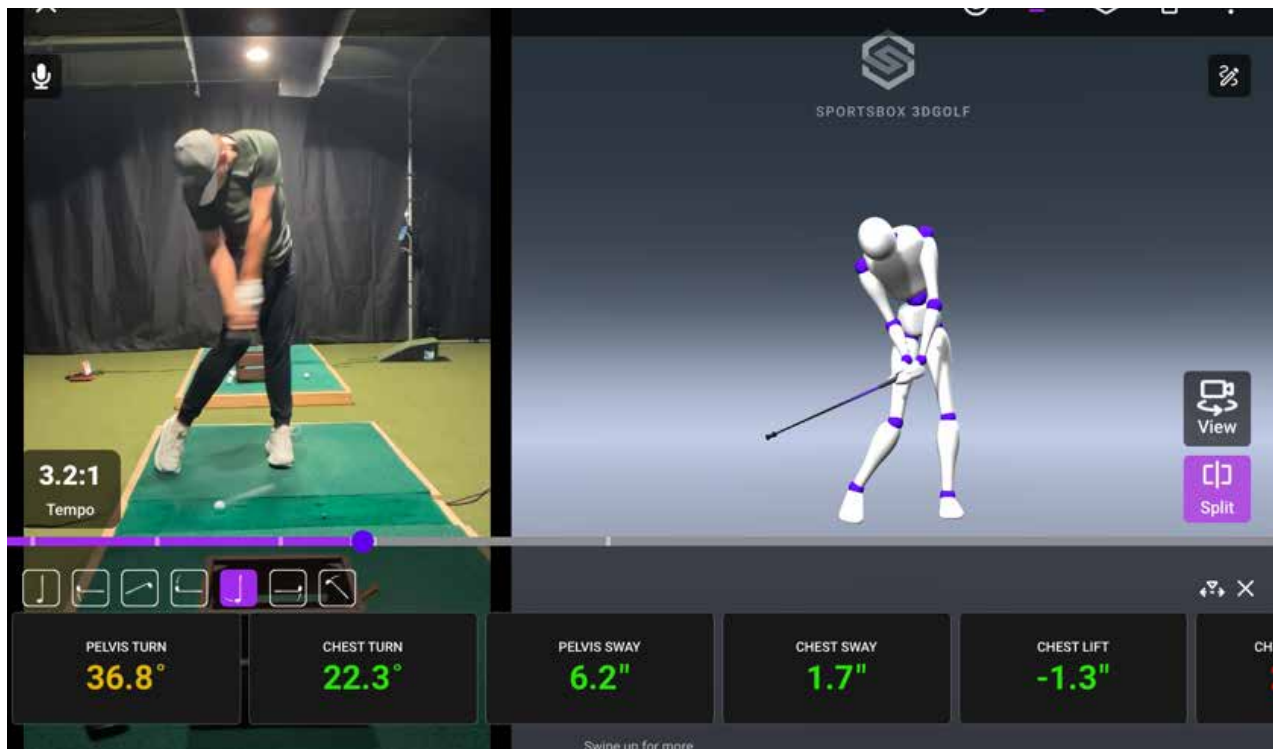


Coaching with Technology

The use of technology plays a major role in our coaching. Through this technology, we can gain insights into your game like never before!

Toptracer: Toptracer uses high-speed camera towers to track every shot you hit on the practice range. But that's not all it does! Toptracer offers nine different practice modes that will give purpose to your practice. Additionally, the Toptracer Coaching platform allows players and the coach to create a comprehensive practice programming that provides accountability and feedback. You will now genuinely know how to practice successfully!

Sportsbox AI: Sportsbox AI uses artificial intelligence with two-dimensional video to create a 3D capture of a player's golf swing. Once captured, we now have data compared against the best in the world. You and your coach will then have the opportunity to set measurable goals to make sure the changes that need to occur are happening.





Fitness

If it doesn't challenge you, it doesn't change you

Wellness

TPI Golf Fitness Evaluation

Consists of a 16 point screening to determine the golfer's range of motion, strength, flexibility, stability, posture, and balance as they relate to the golf swing. The TPI Fitness Professionals at Bearpath then review the results with you and develop a strength and conditioning program based off your findings. This will help you address your swing faults and achieve your goals. Includes 1 hour follow-up training. **\$199**

TPI Golf Fitness Class

Work on your golf game without even swinging a club. This class goes through dynamic warm-up and exercises that are specific to your golf game. You will increase mobility, stability and athleticism essential for your game. With the conclusion of the class, there will be Myofascial stretching that addresses joints of the spine, this aids in a better foundation and recovery from golf. ***Create your own foursome and call or text Paul to register at (612) 280-6578 \$25/person***

ELDOA

Unlike traditional stretching or myofascial release programs, ELDOA targets the body's fascia and increases the space between specific joints of the spine resulting in a wide range of physiological benefits for an individual. Including, but not limited to:

- Reduction of pressure on spinal discs allowing for normalization of movement
- Relief from neck, back & shoulder tension
- Better posture & improved joint mechanics
- Spinal disc rehydration & improved circulation
- Improved balance, stability, mobility, flexibility, proprioception and muscle tone
- Improved injury recovery and recovery time from sports activity and training
- Stress & headache reduction as well as better sleep quality

\$80 Create your own foursome and call or text Paul to register

REE Testing

REE (resting energy expenditure) accounts for the largest portion of an individual's total daily energy expenditure typically around 60-75% along with physical activity. Know how many calories to play with to effectively lose weight. **\$79**

Myzone Heart Rate Monitor and Vo2 Max

Get the most out of your workout: Each person has an optimal training zone, sometimes referred to as a target heart rate. The charts that are often found on exercise equipment showing target heart rates are actually just averages based on age and weight. A VO2 Max test measures your precise target heart rate based on anaerobic threshold, then calculates individual target intensity zones. These zones give you the precise heart rates necessary to optimize each level of exercise and maximize your fitness and fat burning results. **\$175**



New Member Orientation

- Tour of our cardio & strength equipment
- Learn a variety of exercises you can do on our state of the art cable machine
- Learn kettlebells and dumbbells

Personal Training

30 Min: \$70

45 Min: \$80

60 Min: \$92

Partner Training: \$116



Adult Lap Swim

6:00-8:00am

Come any morning between the listed hours and enjoy the tranquility of lap swimming at the Bearpath pool. Note: No lifeguard is on duty.

Tennis



Adult Tennis

- Women's Morning Drills for all levels (May - September)
- Men's Drills
- Co- Ed Drills/Mixers
- Interclub Mixers with other tennis clubs
- Saturday Match Play (In house competitions and vs other clubs)
- Bearpath Club Championship Tournament (Singles, Doubles and Mixed. A & B Flight)

Private Lessons

Available May - September | Ages 3 & up

"Hitting Sessions" with college professional staff. Individual or small group options.
Contact Tennis Professional to schedule.

USTA Leagues

We will be hosting USTA Men's, Women's, and Mixed teams for league competition on evenings and weekends starting in May.

If you are interested in captaining, hosting, or joining a Bearpath home team, please contact the Tennis Director.

POP Tennis

What is POP (or padel) Tennis? Padel is typically played in doubles on a court roughly 25% smaller than the size of a tennis court. Scoring is the same as normal tennis and the balls used are similar but with a little less pressure. Paddles are available at the tennis desk.



POP Tennis Mixers

*Every Monday at 5:30pm.
Paddles will be provided,
just bring your game!*







Junior Sports Academy

“Everyday is a chance to get better”



“A kid grows up a lot faster on the golf course. Golf teaches you how to behave” – Jack Nicklaus

JUNIOR GOLF



Mark Widvey
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Head Golf Professional
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Jason Lamoreaux
1st Assistant Golf Professional
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James Nelson
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Patti Just
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Mission Statement

The role of a junior golf coach is to engage and inspire children to participate in the sport of golf. Coaches create a stimulating and dynamic learning environment, then supervise and support the children as they play in age appropriate activities. These activities are specifically designed for skills acquisition and personal development.

Our primary focus is to create a safe, fun and nurturing environment where children are motivated to want to come back and learn more!

Junior Golf Performance Academy

Our intention is to create a golf environment that is fun, first and foremost! It is important to note that we are teaching children, not golf; and that we are assisting the development of your child through the sport of golf.

Using the LTAD (Long Term Athletic Development Model), we use an approach that focuses on having athletes perform age-appropriate skill acquisition drills, to maximize their athletic potential. The drills get progressively more complicated and more specialized as the athlete develops, reaching the next level of development.



In this curriculum, 4 key areas will be emphasized to enhance learning opportunities, and to develop the necessary skills to become more complete athletes who also have knowledge of the rules and etiquette that will prepare them for this game of a lifetime.

- Sportsmanship, Rules & Etiquette
- Golf Skills
- Fitness & Nutrition
- Golf & "Near Golf" Experiences

Along with these key areas, 4 levels will provide the proper environment for learning:

- Future Players
- Sport
- Champion
- EDP

Program Options

Future Players

Designed for children ages 5-6

Mondays | 3:00-4:30pm

June 24, July 1, 8, 15, 22, 29

The Future Players level of the Bearpath Junior Golf Program is designed to focus on creating FMS (Fundamental Movement Skills). This is an essential component to the early athletic development of their bodies. Learning fundamental movement skills can then be adopted into FSS (Fundamental Sports Skills) later on. By incorporating a series of "Near Golf" experiences, we will provide an opportunity for each athlete to learn in a fun and engaging environment.

Future Players Package | \$550

Sport Level:

Designed for Children ages 7-9

Mondays | 5:30-8:00pm

June 24, July 1, 8, 15, 22, 29

The Sport Level Junior Golfer Development Program takes the critical FMS (Fundamental Movement Skills) our young athletes mastered in Future 36er level and begins to introduce "Near Golf" experiences, and FSS (Fundamental Sports Skills). Players will learn to develop putting, chipping and full swing motions. On-course time is also provided with this level of the program.

Sport Level Package | \$850



Champion Level:

Designed for Children 10-13

Tuesdays (drills) | 4pm - 5pm

June 13, 27; July 11, 18, 25, August 8

Thursdays (on-course/Top Tracer)

June 27, July 11, 18, 25; Aug 8, 15

On-course | July 11, 25; Aug 8, 15
starting times begin at 10:30am

Top Tracer | June 27; July 18
begins at 9:30am

The Champion level of the program creates new challenges and new opportunities! At this stage of their development, our young athletes learn how to take on larger tasks. During the 6 week program, new competitive formats will be introduced, as well as skill appropriate practice drills that will help develop their golf IQ.

Champion Level Package | \$850

EDP

Designed for Children 11-18

EDP (Elite Development Program) are programs designed with the competitive junior golfer in mind. Each program creates a learning environment specifically designed to help athletes develop the necessary tools for playing competitive golf at the local, high school, national and collegiate levels.



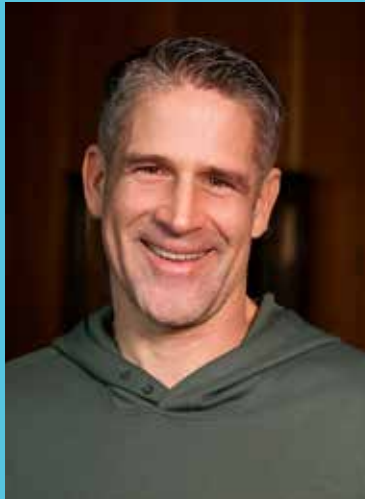


TEAMWORK | DEDICATION | FUN



JUNIOR SWIM & DIVE

*“A person’s destiny is where they are going,
not where they have been”.*



Brent Pottinger

Pool Director/Head Swim & Dive Coach
bpottinger@bearpathgolf.com

Swim Staff

Shauna Riggs
Greg Riggs
Ethan Griffith
Melissa Murphy
Jacob Chow
Katherine Cronin

Head Dive Coach

Breanna Torkelson

The Bearpath Swim Club prides itself on training all levels of swimmers. We have had 8 division one swimmers go through our pool in the past 12 years, countless D2 and D3 swimmers, high school swimmers, club swimmers, and casual swimmers who only swim the Bearpath season!

Children ages 3 - 17 can participate in swim and dive lessons if they are not interested in competing on the swim and dive teams.

Swim Team

Level 3
Level 4
Level 5
Level 6

Swim Team
PRIVATES

Description	Times	Cost
<ul style="list-style-type: none"> Swimmer must be able to swim one length of the pool (25 meters) without assistance and without stopping in a reasonable amount of time Swimmers learn to legally swim all four strokes 	<p>Mon, Tues, Thur, Fri 11:15am - 12:00pm Optional Skills PM Practice @ 2:00 Wednesday: Swim Meets</p>	\$445.00
<ul style="list-style-type: none"> Swimmer must be able to consistently swim all four stroke legally 	<p>Mon, Tues, Thur, Fri 10:00am - 11:00am Optional Skills PM Practice @ 2:00 Wednesday: Swim Meets</p>	\$445.00
<ul style="list-style-type: none"> Swimmer is at an advanced level and has considerable background in swimming 	<p>Mon, Tues, Thur, Fri 8:15am - 9:45am Optional Skills PM Practice @ 2:00 Wednesday: 8am - 9am practice & Swim Meets</p>	\$445.00
<ul style="list-style-type: none"> Swimmer can train daily at a rigorous pace for an entire 105 minute practice 	<p>Mon, Tues, Thur, Fri 8:15am - 10:00am Optional Skills PM Practice @ 2:00 Wednesday: 8am - 9am practice & Swim Meets</p>	\$445.00
<ul style="list-style-type: none"> Includes your choice of 2, 4, or 6 swim team privates with an expert coach at 30 minutes per session Swimmers work on fundamentals of swimming and skills specific to swimmer's needs Sign up for a package of privates before Sunday, June 9, and receive a free 30 minute private lesson on Monday, June 10 (<i>free private only offered this day between 8:00AM and 2:30PM</i>) 	<p>Mon, Tues, Thurs, Fri: 12:30, 1:00, 1:30 <i>Private times outside of the above listed are possible depending on coaches' schedules, including late afternoons, evenings, and weekends!</i></p> <p><i>The swim team private lesson schedule will be emailed out no later than Sunday, May 12, 2024 with directions on how to sign up for swim team privates</i></p>	<p>Package of 6 (best value) \$247.50</p> <p>Package of 4 \$176.00</p> <p>Package of 2 \$93.50</p> <p>Single: \$49.50</p>



- Pre-Season swim practice dates: May 28, 29, 30; June 3, 4, & 5. Level 3 will practice from 5pm - 5:30pm and Levels 4, 5 & 6 will practice from 5:30pm - 6:15pm
- Children will be evaluated during pre-season to determine if they are placed in the correct level. Throughout the season, children can move levels based upon best possible placement for their development as a swimmer.
- A swim/dive team suit and t-shirt is included for all levels.
- All meets are held every Wednesday at 11am at various clubs.

To inquire about information pertaining to swim team, please e-mail Brent Pottinger (bpottinger@bearpathgolf.com).

Dive Team

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PRACTICE A 8:00a-9:00a		PRACTICE F 8:00a-9:00a	PRACTICE I 8:00a-9:00a	PRACTICE N 8:00a-9:00a
PRACTICE B 9:00a-10:00a		PRACTICE G 9:00a-10:00a	PRACTICE J 9:00a-10:00a	PRACTICE O 9:00a-10:00a
PRACTICE C 10:00a-11:00a		PRACTICE H 10:00a-11:00a	PRACTICE K 10:00a-11:00a	PRACTICE P 10:00a-11:00a
PRACTICE D 11:00a-12:00p			PRACTICE L 11:00a-12:00p	PRACTICE Q 11:00a-12:00p
PRACTICE E 12:00p-1:00p			PRACTICE M 12:00p-1:00p	PRACTICE R 12:00p-1:00p

DIVE TEAM Session Packages

DIVE TEAM Private Lessons

Monday, Wednesday, Thursday, Friday: Select 2, 3, 4, or 5 practices per week. <i>*Any combination of practice dates and times from above can be used to fit the athlete's schedule.</i> <i>*Practices do NOT need to coincide with other dates & times.</i> <i>*Classes must have a minimum of 3 divers or they will be canceled.</i>	5 practices per week \$445.00	4 practices per week \$415.00
	3 practices per week \$375.00	2 practices per week \$325.00
Monday: 1:00p, Wednesday: 11:00-1:00p (only when swim team is away), Thursday: 1:00p, Friday: 1:00p <i>*Private times outside of the above listed are possible depending on coaches' schedules, including late afternoons, evenings, and weekends!</i> <i>*Any unfilled classes will turn into private lesson times.</i>	Package of 6 (best value) \$247.50	Package of 4 \$176.00
	Package of 2 \$93.50	Single \$49.50

Diving is a unique sport in which athletes of all abilities can practice together at the same time, since each individual will progress at his/her own pace.

The child must be comfortable in deep water and able to swim to the side unassisted, otherwise there are no requirements for any practice group.

To inquire about information pertaining to dive team, please e-mail Breanna Torkelson (btorkelson@bearpathgolf.com).

WESTERN SWIM LEAGUE CHAMPIONS
2008, 2009, 2010, 2011, 2016, 2017, 2018, 2019, *, 2021, 2022, 2023

WESTERN DIVE LEAGUE CHAMPIONS
2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2009, 2010, 2011, 2015, 2016, 2017, 2018, 2019, *, 2021, 2022, 2023

“If you don’t practice you don’t deserve to win”.
-Andre Agassi



JUNIOR TENNIS



Katie Wessman
Tennis Director
kwessman@bearpathgolf.com

Our junior tennis camps are designed to offer children of all ages and abilities a fun, friendly, competitive, and positive tennis experience. We are committed to a safe, supportive, and exciting tennis camp environment that every player will enjoy.

We offer a weekly tennis camp sign-up option. Flexible scheduling that allows both the ability to sign up week to week and choose the days and times you'd like to attend within that week.



WEEKLY SUMMER CAMPS

Camps are offered with a weekly sign-up option.

Weeks of: **June** 10, 17, 24 **July** 1, 8, 15, 22, 29 **August** 5, 12, 19

RED Ages 4-6 **FUNDamentals**

Tuesday & Thursdays
10:00am – 10:45am
\$30 daily
Choose which days per week to attend.

Fun and team based tennis games are the emphasis to introduce players to the basics and help develop hand/eye coordination, balance, and agility. The use of red tennis balls that bounce lower and move slower while playing on a smaller court. Using smaller rackets help to provide a positive and fun experience.

21-23" rackets are recommended and available to try out/purchase at the Tennis Shop.

ORANGE Ages 6-9 **Skills**

Monday – Friday
Session 1: 10:45am – 11:45am
Lunch break: 11:45am - 12:30pm
Session 2: 12:30pm - 1:30pm

\$35/class daily rate.

Choose which days per week & times to attend. You may choose classes from both sessions 1 & 2.

With the use of an orange tennis ball, players will continue to develop basic fundamental skills while adding more movement on a 60ft court. Competition is emphasized more in games and point play, along with serving, scoring, and introduction to singles and doubles match play.

23-25" rackets are recommended and available to try out/purchase at the Tennis Shop.

GREEN Ages 8-12 Play/Beginning Yellow Compete

Monday – Friday

Session 1: 10:45am – 11:45am

Lunch break: 11:45am - 12:30pm

Session 2: 12:30pm - 1:30pm

\$35/class daily rate.

Choose which days per week & times to attend. You may choose classes from both sessions 1 & 2.

Green dot balls are used on a full-length court. Players refine their skills and technique to help maintain a consistent rally. Players will be able to keep score, serve, and compete in both singles and doubles match play. Tactics and strategies will be presented in a more detailed manner.

25-27" rackets recommended and are available to try out/purchase at the Tennis Shop.



Private Lessons

Available May - September.

Available seven days a week to schedule at your convenience. Individual and small group options.

Ages 3 and up



YELLOW Ages 12+ Varsity Compete

Monday – Friday

Session 1: 10:30am – 12:00pm

Lunch break: 12:00pm - 12:30pm

Session 2: 12:30pm - 2:00pm

\$40/class daily rate.

Yellow Ball is designed for the junior varsity, varsity, or USTA competitive player looking to continue developing into a more complete player and athlete. Players will practice and compete with others their age and ability level. Emphasis will be placed on more advanced techniques, tactics, and strategies in singles and doubles competition.

27" racket recommended and available to try out/purchase at the Tennis Shop.



Additional classes may be formed to accommodate players schedules that don't fit into the regularly scheduled programming.

