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Upcoming Events at NOGC

SOLD OUT
October 10th

8th Annual Chili Bowl Classic

email Erin at ecraig@jointheturn.org
if you would still like to enter a batch of chili!

October 22nd - 2nd Annual Trick or Treat Nite Golf

This event is **WALKING ONLY**, if you would like to play OR volunteer to pass out candy at a hole please contact Erin!
*****Costumes are HIGHLY recommended*****

PLAY DAY!

Remember your Fitness Lessons!

Weather depending we will be having some play days coming up and these days are perfect opportunities to put some of the knowledge you have gained in fitness to use out on the course. When you are out playing remember:

- Vision and how it might affect your aim
- Energy Conservation
- The advantages of walking (take a few extra steps or make a few extra swings)
- Diaphragmatic Breathing
- Staying hydrated and drinking plenty of water
- Your techniques to safely get in and out of your cart

We look forward to seeing you on the course!