

# LIFETIME SPORTS PROGRAM

## SAILING

**Date:** Sunday, September 29

**Location:** ODU Sailing Center

**Time:** 1 p.m. - 3 p.m.

Requires Pre-Registration at the Pro-Shop

Join us for fun in the sun as you are introduced to Sailing! Learn the different parts of a sailboat and the basics of wind and current. Then spend some time on the Elizabeth River as you sail with a member of the ODU sailing team.

## GOLF

**Date:** Friday, October 18 and Saturday, October 19

**Location:** Lambert's Point Golf Course

**Time:** 4 p.m. - 6 p.m. (Oct 18)

9 a.m. - 1 p.m. (Oct 19)

Requires Pre-Registration at the Pro-Shop

Fore! Step out onto the green for a game of golf! Join us Friday afternoon for instruction, whether you are perfecting your swing or taking your first swing! The afternoon includes an introductory lesson and coaching to learn the game of golf. Saturday hosts a golf tournament for participants to try out their new skills.

## TENNIS

**Date:** Friday, November 8

**Location:** Folkes-Stevens Tennis Center

**Time:** 4 p.m. - 7 p.m.

Requires Pre-Registration at the Pro-Shop

Come learn from the Pros with our Introduction to Tennis clinic and play in an actual tournament! This even will teach you skills, scoring and basic strategy play during the clinic, and you can put what you learned to action during the tournament play.



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