

NEWSRELEASE

ROCKFORD PARK DISTRICT MAKING MEMORIES FOR A LIFETIME

From: Rockford Park District – Golf Services
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Rockford Park District Celebrates Women's Golf Month in June

ROCKFORD IL – The Rockford Park District invites the public to celebrate Women's Golf Month this June as a year-long sport, and a recreational and health benefit for women. Women's Golf Month is designed to make learning and playing golf fun in a woman-friendly environment.

One of the many benefits of playing golf is that there is plenty of walking involved – usually between four and eight miles. The swinging of the golf clubs uses various muscles which are not normally used during the course of a normal day. Arms, shoulders, back, and leg muscles all get used regularly during a single game of golf.

Golf also reduces stress and cholesterol. A single game of golf can burn up to a thousand calories. Golf also gets the blood flowing, which increases the heart rate, making golf a great cardiovascular exercise.

Playing golf is a great way to stay healthy, get exercise, and have fun all at the same time. The best part of golfing is that one gets to be outside and enjoy the fresh air and sunshine. Children can also enjoy the outdoors at Learning Links, a four-hole course and practice center adjacent to the Ingersoll Golf Course clubhouse located at 101 Daisyfield Road on Rockford's west side. Learning Links is perfect for families and children of all ages to have fun while learning the game of golf.

Whether one needs a refresher or is looking to improve a putting stroke, the Rockford Park District offers a variety of programs taught by PGA professionals including youth, adult, senior and women's lessons, as well as specialty clinics.

For more information, please contact: **Nancy Kauzlarich, Manager, Golf Services at 815-987-8856 or nancykauzlarich@rockfordparkdistrict.org**

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ROCKFORD PARK DISTRICT

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