

themselves *hooked*, increasing the likelihood of frequent participation. Disc golf offers year-round fitness, even in rain or snow.

Perhaps the greatest attribute of the sport is the expense - or rather, the lack of it. The Rundle Park Disc Golf Course is a public park, therefore it is free to play on. No green fees, just walk on and start playing!

And, of course, there's the sheer fun of the game!

Everyone Can Play

Disc golf can be played from school age to old age, making it the one of the greatest lifetime fitness sports available. Specially-abled and disabled participate, giving them the opportunity to take part in a mainstream activity. Because disc golf is so easy to learn, no one is excluded.

Golf Discs

Bring a Frisbee®, or pick up an official Driver, Midrange or Putter Disc at:

- **A.C.T. Aquatic and Recreation Centre**
The Heart of Rundle Park
2909 – 113 Avenue 780-496-1494
- **Any Sporting Goods Store**



RUNDLE PARK

DISK GOLF COURSE MAP

RUNDLE PARK DISC GOLF COURSE

Playing Disc Golf

Disc golf is played much like traditional golf. Instead of a ball and clubs, however, players use a flying disc, or Frisbee.®

The sport shares with *ball golf* the object of completing each hole in the fewest number of strokes. A golf disc is thrown from a tee area to a target which is the *hole* (an elevated metal basket). As a player progresses down the fairway, he or she must make each consecutive shot from the spot where the previous throw has landed. Discs that land out of bounds must be re-thrown with a one stroke penalty. Finally, the *putt* lands in the basket and the hole is completed.

Benefits of Play








The ongoing fitness boom finds more and more people taking up recreational activities in an effort to improve health and quality of life.

Disc golf provides upper and lower body conditioning, aerobic exercise, and promotes a combination of physical and mental abilities that allow very little risk of physical injury. Concentration skills increase by mastering shots and negotiating obstacles. Players of limited fitness levels can start slowly and gradually increase their level of play as fitness improves.

Scheduling is also flexible – a round takes one to two hours, and may be played alone, eliminating the difficulty of scheduling tee times. And, as in traditional golf, disc golfers find



LEGEND

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|---|--|
|  Basket |  Parking |
|  Tee Box |  Mandatory – Must play to right of Yellow Ribbon Tree. |
|  Path |  Out of Bounds – All paths, roads, parking lots, and ponds are out of bounds. |
|  Roads | |