



## Contact Us

**Email:** [thefirsttee.essex@gmail.com](mailto:thefirsttee.essex@gmail.com)

**\*Preferred Method\***

**Phone:** 917-331-7266

**Website:** [www.thefirstteemetny.org/essex](http://www.thefirstteemetny.org/essex)

**Weequahic Park Golf Course  
2 Thomas Carmichael Drive  
Newark, NJ 07112**

## Who We Are

We exist to enable kids to build the strength of character that empowers them through a lifetime of new challenges. By seamlessly integrating the game of golf with life skills curriculum, we create learning experiences that build inner strength, self-confidence, and resilience that kids carry to everything they do.

With the belief that all kids deserve the chance to grow in a supportive environment with mentors guiding them, we are dedicated to building programs that are accessible, welcoming, and as impactful as they are fun.

## Year-Round Programming

For our **Spring, Summer, Fall, and Winter** seasons we offer a 7-week Life Skills Curriculum program for participants between the ages of **5-18 years old**.

Programming takes place on the weekends, with after-school programming during the weekdays. **To find our latest schedule go to:**

<https://www.firstteemetny.org/essex/>



## Life Skills Curriculum

At First Tee, kids work with experienced First Tee Coaches who deliver junior golf programs that are proven to have a positive influence on these young kids and teens. Each lesson is designed to be fun, interactive and engaging. Our coaches follow a philosophy centered on positively reinforcing your child's actions and ensuring a great experience.

Our First Tee Coaches seamlessly weave golf and character-building activities into each lesson. As your child progresses through First Tee's programs, the activities and life lessons become more involved, helping your child build character and become even more equipped to make good choices on and off the golf course.

**Tiny Tees** (ages 5-6) – An introduction to the First Tee Life Skills Experience

**PLAYer** (ages 7 & up) – Learn the game of golf and First Tee's Code of Conduct

**Par** (ages 8 & up) – Focus on interpersonal and self-management skills on and off the course

**Birdie** (ages 11 & up) – Emphasis on setting goals and making them a reality

**Eagle** (ages 12 & up) – Learn resilience, conflict resolution, and future planning

**Ace** (ages 14 & up) – Put it all together and focus on setting goals, career education, and giving back to the community

## National Participant Opportunities

Our First Tee National Home Office offers amazing **opportunities, events, and scholarships** throughout each year. Our participants in **high school**, who are eligible, are encouraged to apply for them. These opportunities often become **life-changing** experiences allowing them to meet new people, play some golf, achieve greatness, and show off our Nine Core Values in action. Contact us, if you would like to receive more information about our national participant opportunities.

## FAQ

- Is it necessary for my child to have their own golf clubs?

No, The First Tee can provide golf clubs for classes and practice on the range. However, it is necessary for your child to have their own clubs in order to go out and play on golf course. Clubs/Bags are provided on an as needed basis.

- How do I register?

Click [HERE](#) for our registration portal and create an account.

- What if it rains?

Classes will still be held, unless you get an email saying that it is cancelled.

- How old does my child have to be?

We take any kids between the ages of 5-18.

- Can I donate my old clubs?

Yes! You can donate any old clubs, as long as they are in useable condition.

- Can I volunteer?

Yes! Please email us at [thefirsttee.essex@gmail.com](mailto:thefirsttee.essex@gmail.com) to find out more about our volunteer opportunities.