

## DISC Golf

Is fun, provides competitions, you are throwing things, it is an outdoor activity, and is cheap (mostly free, although a few courses charge a fee.)

You can go to courses, many of which are listed here: <https://www.pdga.com>

Or you can make your own using targets, trees or barrels or bushes.

We began by using heavy frisbees then discovered there are specially made discs, which can be used for driving, putting, and intermediate throws.

As in any sport, some experts and junkies have taken this to an extreme and are really good. Remember the idea is not to be a pro, but have fun with your family :-)