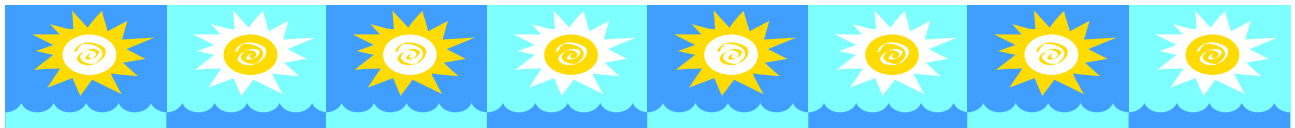




# Disc Golf Challenge

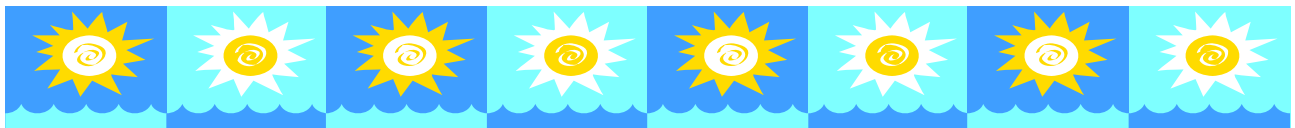
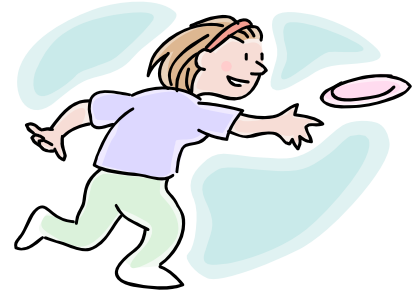


The Recreation/Parks Department installed an 18-hole disc golf course last year. It is a cheap and fun way to enjoy the outdoors, participate in an activity, and get a little exercise. PERFECT for Well@Work employees! You will walk a little over a mile playing all 18-holes. Disc rental is \$3/disc at the Recreation Center. When you return your disc, you are refunded \$2.



Some information for new players!

- Scoring is same as golf. Throws count for strokes.
- All holes are par three's.
- Rules sheets are located at the Recreation Center.
- Score sheets are available at the Recreation Center.
- Discs are available to rent at the front desk.
- Area retailers sell discs if you enjoy the sport and wish to play more often.
- Please pay attention to other activities in the park such as sporting events, walkers and runners, and special events.
- The average round takes approximately 45 minutes.



## How to earn your Well@Work point:

**Simply complete 4 rounds (18 holes) of disc golf in the month of March. Score sheets are available at the front desk of the Recreation Center. Complete your score sheet, make sure you write you name on it, and turn it in at the end of your round. 4 rounds = 1 Well@Work point.**

If you have any questions or for more information, you can contact Jenifer Pressley at [jeniferpressley@jacksonnc.org](mailto:jeniferpressley@jacksonnc.org) or 293-3053.

