

City Beach
Disc Golf Course
Darwin Wright
PARK



ANDERSON
THE ELECTRIC CITY



Anderson Parks & Recreation Department
1107 North Murray Ave.
Anderson, SC 29621
www.cityofandersonsc.com/recreation
864.231.2232



What is 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 was formalized in the 1970's, and shares with "ball golf" the object of completing each hole in the fewest number of strokes (or, in the case of disc golf, fewest number of throws). A golf disc is thrown from a tee area to a target which is the "hole". The hole can be one of a number of disc golf targets; the most common is called a Pole 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. The trees, shrubs, and terrain changes located in and around the fairways provide challenging obstacles for the golfer. Finally, the "putt" lands in the basket and the hole is completed. Disc golf shares the same joys and frustrations of traditional golf, whether it's sinking a long putt or hitting a tree halfway down the fairway. There are few differences, though. Disc golf rarely requires a greens fee, you probably won't need to rent a cart, and you never get stuck with a bad "tee time." It is designed to be enjoyed by people of all ages, male and female, regardless of economic status.



Who Plays Disc Golf?

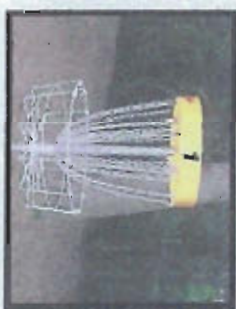
Disc golf can be played from school age to old age, making it the one of the greatest lifetime fitness sports available. Specially-abled and disabled participate, giving them the opportunity to take part in a mainstream activity. Because disc golf is so easy to learn, no one is excluded. Players merely match their pace to their capabilities, and proceed from there. The Professional Disc Golf Association, with over 16,000 members, is the governing body for the sport, and sanctions competitive events for men and women of every skill level from novice to professional. Permanent disc golf courses are found in countries worldwide, as well as throughout the United States.

Why should I 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 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. A professional quality disc costs less than \$10, and it only takes one for basic play.

And, of course, there's the sheer fun of the game - no matter what your age or skill level!

Play Disc Golf - The Sport of the FUTURE!!!



City Beach Disc Golf Course at Darwin Wright Park

Designed and installed in Spring 2007, City Beach offers a 9 hole disc golf experience for the beginner and pro. The course has only 2 holes over 300 feet, but demands accuracy in the pine and hardwood forest. The course winds around a popular picnic and swimming park on a peninsula at Lake Hartwell. Weekends and summer bring many people to the park, be cautious and courteous as you navigate the course. There are discs available for sale (\$10 ea.) or rent (\$1) at the Recreation Center on Murray Ave or at the Park Gatehouse. We welcome you to disc golf in Anderson!



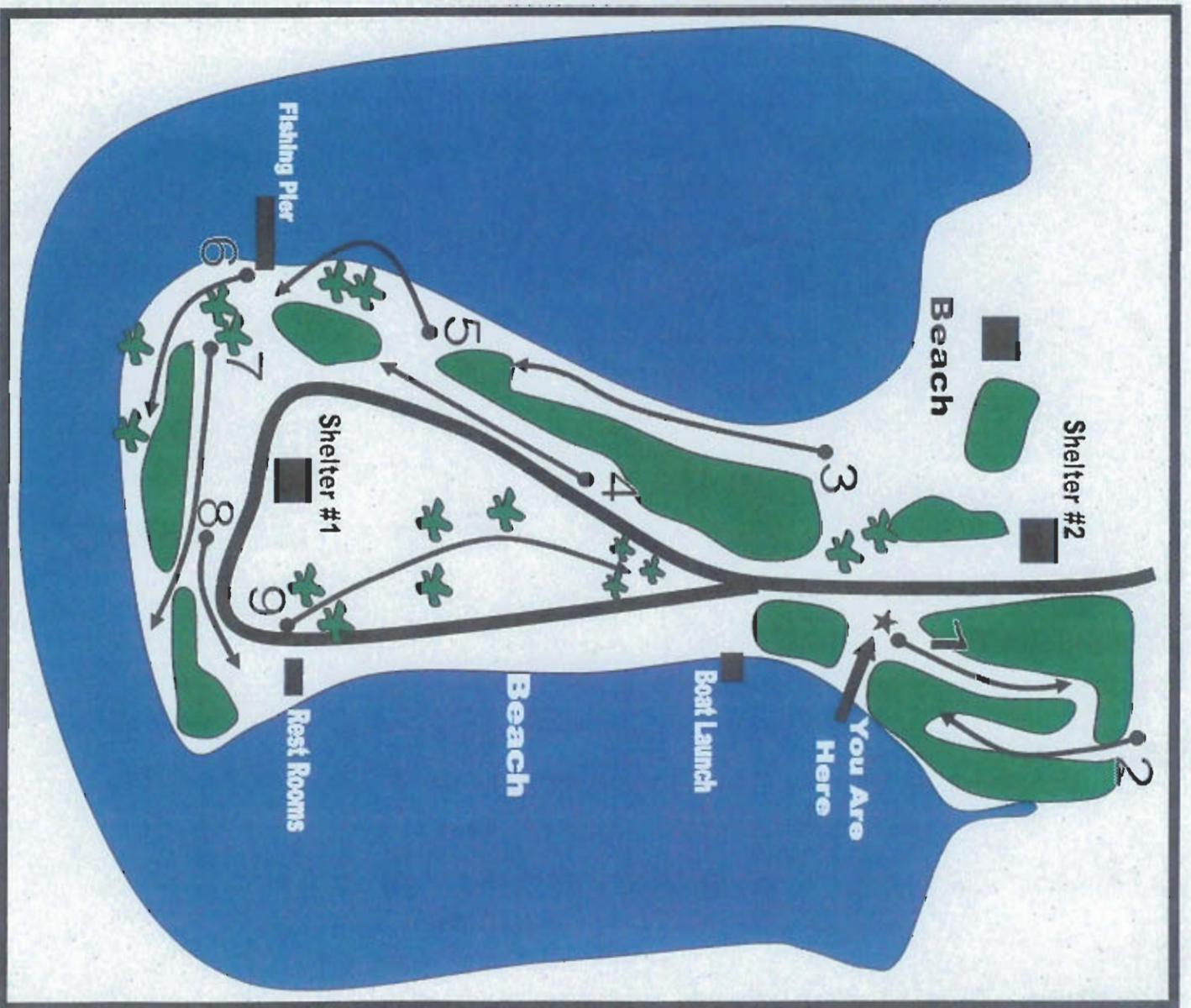
ANDERSON
THE ELECTRIC CITY

City Beach
Disc Golf Course

Darwin Wright
PARK



velocitydiscgolf.com



Click on Name or Basket for a closer look

