



About Disc Golf: Disc Golf is a four-season sport/activity (yes winter) that follows the same basic rules as traditional golf; however, you throw discs instead of using a club and ball, and instead of a hole you have a metal basket with chains that grab the disc. In disc Golf we measure feet instead of yards, with professional disc golfers throwing easily over 500 feet regularly on tour. And like golf, you can play in groups or happily by yourself. This makes it just as important for mental health as it does physical health. As much as competing is fun, the love of Disc Golf grows from watching the flight of the disc you have thrown perfectly. It tells a story with all the drama and excitement you will ever need in a few seconds. Disc Golf is an easy to learn and hard to master sport which is extremely affordable to play - 90% of the courses worldwide are free to play in public spaces and the cost for a set of three reusable beginner discs is between \$30 to \$50.

Worldwide Disc Golf Growth: Disc Golf has been around since the 1970's. But the popularity has exploded since 2016 with most of the courses installed since that time. It has been estimated that in this year alone more than 2 million people will try Disc golf for the first time.

- Disc Golf is going for a hike with a purpose.
- Disc Golf is taking time to be a part of nature and does not have a decibel or intrusion problem.
- Disc Golf is improved mental health.
- Disc Golf is played by everyone at every age.
- Disc Golf is free (90% of all courses). Takes less than a 1 hour per round. And no contact.
- DISC GOLF IS ALL ABOUT COMMUNITY.



Brian Hughes who heads a volunteer organization called Flyboy Canada flyboycanada.com devoted to the growth of disc golf everywhere in Canada, relocated to Brockville from Toronto 10 months ago knowing full well Brockville had no disc golf course.

In December 2020, a proposal was made from Flyboy Canada for a completely free donation of equipment and labour to build Brockville's first Disc Golf course Flyboy Canada 1 to the city of Brockville.

The biggest champion of the Flyboy Canada endeavour to build a disc golf course in Brockville is Michael Sullivan (originally from Thornhill, On), who is President of one of the leading Disc & Target Manufacturers worldwide Prodigy Disc. After a brave prediction from Brian that Brockville will have a player sponsored by Prodigy Disc and on the Pro Tour within the next fifteen years, Michael committed to the (soon to come) permanent professional targets as well as the boatloads of loaner discs that are currently available now to the citizens of Brockville (at the [Brockville Public Library](#)).

Located within the city green space surrounding the Brackenreid Baseball field. First hole/entrance is 197 Bartholomew St.

Visit their website: [Brockville Disc Golf Club](#)