

Disc Golf - Inexpensive Outdoor Exercise for the Entire Family

“The perfect sport for sedentary adults” is a dubiously sourced quote from the New Zealand Heart Foundation referring to disc golf, also known as frisbee golf. Disc golf is a sport allowing individuals within a broad range of ages and physical abilities to engage in an active, if gentle, exercise and the Battle Creek area is positively stuffed with opportunities to get outside and partake in it! It’s an accessible activity the whole family can use to get off screens and outside.

Disc golf requires players to throw plastic discs (think Frisbees but with different trademarks and different rims) at a chain basket the size of a municipal mailbox anywhere from 150’ to 500’ or more away. Similar to traditional golf, you’re trying to get there in as few throws as possible. Easy enough in principle but challenging to nail the distance and accuracy required to hit the relatively small target. Add in some pesky trees getting in the way, a bit of wind throwing things around, and some unforgiving landing spots in water or briars and there’s plenty of skills to refine and develop on your way to a low score. It’s a sport that is easy to get started in but difficult to master.

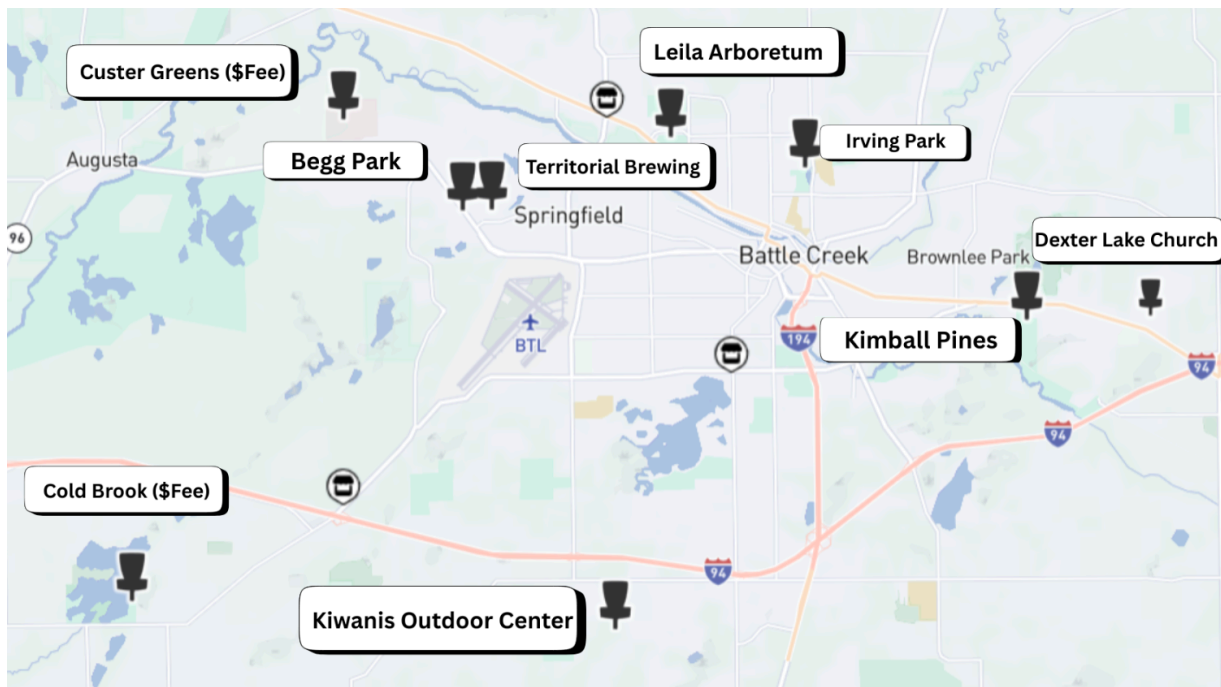


Disc golf is a phenomenal outside activity for the family for a number of reasons. If you have the mobility to walk across grass and swing a bat or golf club, you have the tools you need to play disc golf. You don’t need to be strong, or fast, or have the endurance of an athlete. It’s an easy sport to play. Like traditional golf, it’s a sport you primarily play against yourself. While you can certainly compare scores with others in your group or social circle, many players find satisfaction in working on improving to get their own scores down, trying to beat previous personal records. This makes disc golf well-suited for mixed-skill level play.

Disc golf makes for a wonderful couple’s activity. Who doesn’t love a long walk in the park or woods with their significant other? Parents can play alongside their kids. It’s a great bonding activity they both can participate in, unlike many sports where the adults usually are relegated to watching the kids play. Some families get everyone involved, playing in large groups with Grandma and Grandpa, aunts, uncles and a bevy of children. Disc golf can accommodate that, and it’s a heck of a lot more fun than trying to chase folks off their screens for a conversation!

Speaking of family-friendly activities, disc golf is easy on the wallet for those on a budget. Most of the Battle Creek disc golf courses are open to the public and available to play for free. Similarly, the required equipment is minimal, low cost, and long-lasting. Disc golf discs can be had for as little as \$10 or less, though some players opt for fancier versions with special art, patterns, or plastic material that can run as much as \$25 or \$30. Once you have your discs you can hit the courses as often as you like - greens fees won't be stopping you. The most dedicated folks are racking up 200-300+ rounds a year. Imagine what that would add up at your local traditional golf links! Discs are available in Battle Creek at Walmart, Meijer, Dunhams, and Johnny's Markets, as well as online.

Battle Creek has one of the largest, healthiest disc golf scenes in Michigan. There are 9 courses open to the public, of which 7 are free. If you live in Battle Creek, there is almost certainly a course within a 10 minute drive, and many residents will have walkable options. For those interested in trying the sport, consider heading to Kiwanis Outdoor Center on the south side near 94 as a starter course. The short layout there is specifically designed for beginning players and will introduce you to the fun of the sport without the frustration of a more advanced design.



Disc golf is one Battle Creek's treasures. It's an affordable, accessible activity that can get you and yours outside moving around outside and maybe have a little bit of fun while doing so. Battle Creek has a high density of quality courses that let you play on your schedule without worrying about scheduling a tee time or paying a fee. For those who'd like to learn more, please visit ["The Complete Beginner's Guide"](#) published by the PDGA. For local news, please visit the [Lakeview Urbandale Kiwanis Facebook](#) and the [Battle Creek Disc Golf Facebook](#) page.