



# ADULT CO-ED

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Our Adult Co -Ed program has been developed to bring the game to beginners as well as intermediate players, in a relaxed and fun-filled group setting.

We begin each series by introducing all students to a variety of basic skills, drills, and games designed to instill both proper biomechanics as well as “swing” fundamentals.

As the sessions continue to move along, we continue reinforcing the fundamentals by gradually introducing the elements of the “full swing”; the turn, the hinge, weight shift, balance through contact, follow through, and finish. We refer to these learning units as PBGA’s “Building Blocks of the Golf Swing”. Once the student develops a proper full swing, we begin working our way back from “the green to the tee”.

Our goal: simply get everyone to understand how to properly set up and make a good shot.

Making a good shot requires that the player understands how to properly set up for the shot, grip the club, and use their body to move it through space... we want every student in this program to leave feeling like they “own” a great golf swing; one that will enable them to consistently make flush contact with the ball.

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## COURSE CONTENT

**BIOMECHANICS OF THE SWING**  
**SET UP: POSTURE, GRIP & STANCE**  
**THE PENDULUM MOVEMENT OF THE STROKE**  
**PUTTING; LINE AND SPEED**  
**CHIPPING & PITCHING**  
**THE FULL SWING**

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*SERIES DURATION –6 WKS. | 1 SESSION per WEEK | (1 HR. / SESSION; 6 HRS. TOTAL)*

<u>SERIES NO.</u>	<u>DAYS</u>	<u>DATES</u>	<u>TIME</u>	<u>FEE</u>
AC-1	TUESDAYS	JUN. 3, 10, 17, 24 JUL. 08, 15	6:00 PM – 7:00 PM	\$300.
AC-2	TUESDAYS	JUL. 22, 29 AUG. 5, 12, 19, 26	6:00 PM – 7:00 PM	\$300.