



EARLY BIRDIES STRETCH & SWING

If you enjoy getting up early; getting in a moderate “let’s break a bit of a sweat” series of low impact warm-up exercises, followed by some golf-centric stretching...
all before moving into some serious ball striking;
our Early Birdies Stretch and Swing program is just what the Swing Doctor ordered!

The first 20 minutes of each session are spent getting warmed up and stretched out. We employ a series of golf-centric exercises and stretches to help raise body temperature and loosen stiff muscles, as well as helping students to maintain good balance and increase stamina.

Warming up and stretching out is then followed by a brief, approximately 15-minute swing lesson.

Students then move to the range where they can work on that day’s lesson, or choose to hit the club of their choice. P.B.G.A. instructors will be “walking the tee-line”, making themselves available for a swing analysis, or additional consultation.

EARLY BIRDIES STRETCH & SWING (4 Student Minimum)

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

SERIES NO.	DAYS	DATES	TIME	FEE
SR-1	THURSDAYS	JUN. 5,12,19, 26 JUL. 10, 17	8:00 – 9:00 AM	\$300. (ALL SIX SESSIONS)*
SR-2	THURSDAYS	JUL. 24, 31 AUG. 7,14,21, 28	8:00 – 9:00 AM	\$300. (ALL SIX SESSIONS)*