



LADIES ONLY

Our Ladies Only 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 and drills that seamlessly incorporate good biomechanical movements, thus support good swing fundamentals.

As the sessions move along, we continue to incorporate additional swing fundamentals structured to enable the student to experience the feeling of making solid contact with the ball. We then introduce students to each club, as we work our way back from “the green to the tee”.

Our goals: proper set-up and address; how to properly grip the club, move it through space, make flush contact with the ball; while having plenty of fun all along the way.

This program enables friends to “form their own small group”; and enjoy learning together!

COURSE CONTENT

BIOMECHANICS OF THE SWING
 POSTURE, GRIP & STANCE
 THE PENDULUM STROKE
 PUTTING; LINE AND SPEED
 MAKING FLUSH CONTACT
 CHIPPING; PITCHING; IRON PLAY
 HYBRIDS; METALS; DRIVER

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

SERIES NO.	DAYS	DATES	TIME	FEE
LO-1	WEDNESDAYS	JUN. 4, 11, 18, 25 JUL. 09, 16	6:00 PM – 7:00 PM	\$300.
LO-2	WEDNESDAYS	JUL. 23, 30 AUG. 6, 13, 20, 27	6:00 PM – 7:00 PM	\$300.
LO-3	THURSDAYS	JUN. 5, 12, 19, 26 JUL. 10, 17	9:30 – 10:30 AM	\$300.
LO-4	THURSDAYS	JUL. 24, 31 AUG. 7, 14, 21, 28	9:30 – 10:30 AM	\$300.