



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

6 WEEK, FALL SERIES | 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>
FLO-5	WEDNESDAYS	SEP. 10, 17, 24 OCT. 1, 8, 15	5:30 PM – 6:30 PM	\$300.
FLO-6	THURSDAYS	SEP. 11, 18, 25 OCT. 2, 9, 16	11:00 AM – 12:00 PM	\$300.