



Ladies' Learning Golf Classes 2019

Level I, II & III



Beginner Classes

Level 1 **April, May & June 2019**

This program is designed to help beginner golfers learn the basic motor patterns and skills needed to play and enjoy yourselves on the golf course. Level 1 is based around the philosophy of learning "from the hole back." Participants will first learn the basics of putting and the short game before using these new skills in games and contests designed to accelerate the learning process.

Level 2 **May, June & July**

A follow on from Level 2 students will again refine their skills in putting and short game along with two sessions focused on Pre-Swing fundamentals and the basic movements of the golf swing. Video analysis is introduced at this time as well as bio feedback from our K-Vest 3D body mapping technology and ground force analysis using our Boditrak system.

Level 3 **June, July & August**

The Level 3 Class is designed to encompass the skills learned in Level I & II and bring those skills to use on course. Focus will be on correct golf movements as well as developing students kinematic sequence into a well oiled machine! The final session is an on course hour focused on being able to apply the skills learned on course.

Information

The classes are run by Head Professional Brendan Reedy and Teaching Professional Matt Davis. Each class is limited to 8 students split into two groups to offer a 4:1 Student to Instructor Ratio. The cost for each session is \$149/Player.

Each Session Features a "Pros Choice" Cocktail or Beverage.