



**Windy Hill Sports Complex
Women Only Golf Clinic Curriculum**

Beginner PLUS

Call 804-794-0010 to Register

5 HOURS OF PROFESSIONAL INSTRUCTION

For Just \$125!!

Course Goals and objectives: To build on what we learned in Level I and take your newly acquired skills to the next level. We will reinforce basic skills in the following areas:

Putting/Chipping/Pitching

Iron Play

Driver/Fairway Woods/Hybrids

Bunkers/Trouble Shots

Playing Lesson on the Course

Students will receive **written weekly follow up** on all information discussed in each hour long session. Equipment is available to use at no additional cost.

Week # 1 Wedge Play/Putting/Chipping

Grip
Stance
Posture
Ball Position
Distance Control

Week #2 Develop your “FULL” Swing

Iron Play
Shoulder Turn/Rotation
Impact
Follow Through
Hitting “Down” and through

WEEK # 3 Driver/Fairway Woods/Hybrids

Full Swing V1 Video Analysis
Posture
Balance
Tempo
Turn
Release
Club Speed

Week #4 Bunkers/Trouble Shots

Sand Play Greenside and Fairway
Stance/Posture/Weight
Ball Position/Tempo
Shot Technique
Side Hill
Uphill/Downhill
Ball Flight Control

Upon completion of Week #4, each student will receive a **written evaluation** of their progress along with a **Practice Plan** to assist you as you go forward with your game. We will also include “V1” **video clips** to reinforce the plan along with drills to help with individual improvement.

We put it all together here in Week #5 with a “Playing Lesson”

WEEK# 5 Course Playing Lesson

Strategy on 3's, 4's and 5's
Picking your target
The “Scoring Zone”
100 yards and In
Your Mental Approach
Getting it “Up and Down”

I am so pleased with the progress I'm finally making. This was a very **good next step for me.** Thank you so much!

Barbara M.

I feel like my game is beginning to come around. The material in this **course was right at my level** and I am excited about going out to play!

Lisa A.

I like this class as much as the first one. Everything was understandable and **I really love the videos.** They taught me a lot about my swing.

Chris M.

Come join the Fun! Call 804-794-0010 today!