



SWS (Sisters who Swing Golf Association)

INDOOR WINTER CLINICS / LESSON

2012

February 25 – March 31, 2012



Location: Unity of Washington DC Fillmore Hall

1225 R St. NW, Washington, DC

YOUTH – LESSONS (6 sessions) 9:00 AM \$135.00

- Introduction to Set-up – Grip, Stance and Alignment
- Half and Full Swing
- Full Swing
- Pitching & Chipping
- Putting

NEW GOLFER – LESSONS (6 sessions) 9:30 AM \$135.00

- Introduction to Set-up – Grip, Stance and Alignment
- Half and Full Swing (6-Iron)
- Full Swing (6-Iron)
- Pitching & Chipping (8-Iron & Pitching Wedge)
- Putting (Putter)

Lesson taught outdoors*Bunker & 9 hole play

*Each week Rules and Etiquette; Health and Fitness will be discussed.

*Each New golfer will receive their own training grip club.

Golf Performance Enhancement Classes 10:30 AM \$135.00

- Exercises designed:
- Address Position
 - Backswing
 - Downswing
 - Contact
 - Follow through

*Each week Health and Fitness will be discussed.

*Equipment will be provided for each participant.

Private ½ hour golf lessons (6 sessions) 10:30 AM \$145.00

INTERMEDIATE GOLFER LESSONS (6 sessions) 11:30 AM \$135.00

- Analysis & work program
- Short game (**Bunker Play will be taught on the course)
- Mid Irons & Long Irons
- Fairway woods & Driver
- Putting
- Video Swing Analysis

*Each week Rules and Etiquette; Health and Fitness will be discussed.

*Each Intermediate golfer will play a few holes on the golf course with instructor.

GOLF IMPROVEMENT CLINICS (each session) 12:30 PM \$30.00

- Putting
- On the green (**Bunker Play will be taught on the course)
- “How to be Consistent”
- “Driving for Distance”
- “Iron & Hybrid play”

Every Golfer, from Beginner Golfer to Advanced Player, benefits from a useful Golf Lesson. SWS Golf Association has designed a series of classes for beginner and novice players. Let SWS Golf Professionals introduce you to the game of golf, basic swing fundamentals and get you ready for spring.

Space is limited, and class sizes are 4 students to 1 instructor. Register TODAY to save your slot, go to: www.swsgolfassoc.com

Or call 703-981-0900