



**NORTH WEST BAY GOLF CLUB
CHANNEL HIGHWAY, MARGATE, TASMANIA**

SWING FIT FOR LADIES



Swing Fit is a Golf Australia endorsed golfing program for women aged 18+, who may be interested in taking up golf in a friendly, social way.

What will I learn from Swing Fit?

- Swing Fit will give you the basic skills, knowledge and confidence to get you started in golf
- It gives you an opportunity to meet other beginners to enjoy golf with and gets you familiar with a golf club/venue environment
- The basics of the golf swing and how to putt over a six-week program, whilst also getting your whole body moving through golf-specific conditioning and movement exercises.

Come and Try Day – Sunday 13 August 2017

6-week Program – Commences Sunday 27 August 2017

Each session starts at 2:00pm. A session is approximately 75 minutes.

The program costs are:

Come and Try Day: Free

6 Week Program - \$120 per person.

The North-West Bay Golf Club will provide all equipment for the Swing Fit classes. However, you can bring your own clubs if you wish.

Registration: <http://www.swingfit.com.au/>