

Ladies Beginner Classes



Beginner Golfer (Level 1)

Week 1	Putting	Basic setup and stroke with the putter.
Week 2	Chipping	Basic setup and contact fundamentals with wedges and short irons.
Week 3	Full Swing	Basic setup, posture, and swing plane motion with irons and woods.
Week 4	Short Game	Putting and chipping with basic distance and direction control.
Week 5	Full Swing	Direction fundamentals and target focus.
Week 6	Overall Game	Basic rules, terminology, etiquette, and club selection. Review all fundamentals.

Beginner/Intermediate Golfer (Level 2)

Week 1	Short Game	Basic low chips and high pitch shots around the green and when to use them.
Week 2	Full Swing	Developing swing motion with posture, swing plane, balance, and tempo fundamentals for increased contact consistency.
Week 3	Putting	Stroke fundamentals, developing aim, and distance control.
Week 4	Full Swing	Developing direction control with swing path and clubface.
Week 5	Short Game	Basic greenside bunker fundamentals.
Week 6	Overall Game	Club selection, basic course management, and basic pre-shot routine. Review all topics.

Intermediate Golfer (Level 3)

Week 1	Fullswing	Driver swing speed fundamentals for increased distance.
Week 2	Putting	Pre-shot routine combining green reading, direction, and distance control.
Week 3	Chipping	Developing consistency in contact and distance control with varied carry and roll.
Week 4	Short Game	Developing consistency in contact and distance control in greenside bunkers
Week 5	Full Swing	Uneven lies and how to adjust for uphill, downhill, ball above feet, and ball below feet.
Week 6	Overall Game	Course management for your individual game. Develop a personal pre-shot routine with target focus and confidence. Review all topics.