

FALL ADULT CLINIC



Program Overview: The Adult Refresher Golf Clinic is designed to improve on comprehensive golf skills, focusing on both full swing elements and short game techniques. Each clinic session will run once a week for four weeks.

Dates & Times:

Tuesday Evenings : 5:30 - 7:00pm

Every Tuesday, October - 8th, 15th, 22nd and 29th

Open To: Members and The Public / Space is limited

Cost: \$280 per participant

Instructors:

Christian Barto, PGA Teaching Professional

Weekly Schedule: Details on the weekly clinic breakdown can be found on the following page.

To Register:
call the pro shop.
440.461.4653

2024 FALL ADULT REFRESHER CLINIC WEEKLY SCHEDULE

Week 1: - Full Swing Fundamentals & Putting Mastery

1. Full Swing Station: Grip and Posture

- Learn and practice the proper grip and posture for a consistent full swing.
- Receive personalized feedback from instructors.

2. Full Swing Station: Backswing Mechanics

- Focus on the correct backswing mechanics to enhance power and accuracy.
- Utilize drills to reinforce muscle memory.

3. Short Game Station: Putting Precision

- Master the art of putting with emphasis on alignment, distance control, and green reading.
 - Explore various putting drills to improve accuracy.
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Week 2: - Iron Play & Chipping Excellence

1. Full Swing Station: Iron Play Technique

- Develop proper iron play techniques, including ball position and weight transfer.
- Receive individualized tips for consistent ball striking.

2. Full Swing Station: Downswing Dynamics

- Understand and implement effective downswing mechanics for improved shot control.
- Engage in drills to reinforce downswing principles.

3. Short Game Station: Chipping Proficiency

- Learn various chipping techniques and when to use them.
 - Practice chipping from different lies and distances.
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Week 3: - Driver Mastery & Bunker Brilliance

1. Full Swing Station: Driver Essentials

- Focus on driving fundamentals, including tee height, ball position, and swing speed.
- Receive feedback on maximizing distance and accuracy.

2. Full Swing Station: Tempo and Rhythm

- Explore the importance of tempo in the golf swing for consistent ball striking.
- Engage in tempo drills to find your natural rhythm.

3. Short Game Station: Bunker Play

- Master bunker shots with proper setup, swing technique, and club selection.
 - Practice various bunker shots to build confidence.
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Week 4: - On-Course Coaching Experience

1. On-Course Coaching: Full Swing Application

- Apply learned full swing techniques on the golf course.
- Receive real-time feedback on shot selection, course management, and execution.

2. On-Course Coaching: Short Game Strategy

- Implement short game strategies learned in previous weeks.
- Navigate various lies, distances, and green conditions under the guidance of instructors.

3. On-Course Coaching: Mental Game and Decision Making

- Focus on the mental aspect of the game, including decision-making, shot visualization, and managing on-course challenges.
 - Engage in discussions on course management and handling pressure situations.
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