



# ADULT NIGHT CLASSES



## Fact Sheet

### Beginners Golf

A recent survey conducted by the Australian Bureau of Statistics examining participation rates by Australians over the age of 15 in organised sport placed golf second as the most popular physical activity. For many there is nothing better than to tackle the challenge of the fairways, greens and bunkers at the local golf course. So whether you find golf a relaxing way to spend a few leisurely hours with friends, a satisfying form of regular exercise or enjoy the competitive challenge of improving scores and bringing your handicap down to respectable level, this class is for you! The fundamentals represent every golfer's set of rules. The way that you hold the golf club, the way in which you position your body in relation to the ball and the way in which you aim the club face will determine the outcome of every shot you hit.



#### Content

##### Participants will be provided with:

Clubs if needed (though it is presumed each participant will bring their own).  
Sturdy rubber matting for those perfect shots.  
Wilson Go-Go golf balls for safe hitting.

##### Week 1

The Set make up and whats in the bag and where you may use each club. The foundations of the swing, eg setup, pre shot routine, grip alignment, posture, ball position

##### Week 2

Overlook of week 1 and now starting with short 3-9 swings (9iron)

##### Week 3

The full swing now learning how to hinge the hands. (7iron) Ball position changes

##### Week 4

Full swing with longer club (5iron) Ball position changes

##### Week 5

Full swing with woods (3wood) Ball position changes and the fundamentals of putting eg the set up and stroke

##### Week 6

Onto the course to play 3 holes putting whats been learnt into practice

#### Assessment

This is not a certificate course and there is no formal assessment for this course. Due to the flexible nature of Adult Education classes, parts of the curriculum may be adapted to suit the needs of the class.

A Certificate of Participation may be issued on request.

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Further questions or course advice:

08 8920 1200 or email us at

[csc.nightclasses@ntschoools.net](mailto:csc.nightclasses@ntschoools.net)

Note: All classes need a minimum number of students to go ahead. If your class does not have enough students it will be cancelled and you will be informed.

Term 1 – 2009 commences  
week beginning February 9<sup>th</sup>

Term 2 – 2009 commences  
week beginning April 27<sup>th</sup>

Term 3 – 2009 commences  
week beginning August 3<sup>rd</sup>

Term 4 – 2009 commences  
week beginning October 12<sup>th</sup>