



2019 Ladies Only One Hour Clinics Saturdays

Date / Topic	Time
February 2 - Swing: Proper set up, alignment, grip and why it is so important.	12pm
February 9 - Swing: weight shift, with drills	12pm
February 16 - Swing: proper rotation; recruit the proper muscle groups for power.	12pm
February 23 - Swing: 2 main sources of power and speed	12pm
**March 2 - Short game: putting fundamentals	12pm
**March 9 - Short game: chip closer for better scores	12pm
March 16 - Swing: how to generate club head speed	12pm
March 23 - Swing: drills with alignment sticks	12pm
** March 30 - Short game: different wedges	12pm
**April 6 - Short game: are you chunking and blading shots? Come learn why, and how to avoid it.	12pm
** April 13 - Short game: practice skills	12pm
April 20 - Swing: what are we trying to do? Swing grip and general motion	12pm
**April 27 - Short game: putting fundamentals; steady makes consistent	12pm
** May 4 - Short game: choosing easier approach shots around the green	12pm
May 11 - Swing: drills to improve your consistency	12pm
May 18 - Swing: Drivers	12pm

**** These sessions if raining will be swing classes on the range, class will not be cancelled.** \$19.95 per clinic, Instructor: April Stubbs, PGA of Canada
To register call the golf shop at (604) 266-2334. Payment is due at time of registration.

Musqueam Golf & Learning Academy: www.musqueamgolf.com