



2019 Ladies Only One Hour Clinics Saturdays

Date / Topic	Time
August 3 - Swing: weight shift, with drills	12pm
August 17- Swing: proper rotation: steady core to recruit the proper muscle groups for power.	12pm
August 24- Swing: impact	12pm
**August 31- Short game: chipping	12pm
**September 7 - Short game: putt for dough!	12pm
September 14 - Swing: what does “lag” mean?	12pm
**September 21 – Short game: bunkers and pitching	12pm
September 28 – Full Swing: Release the club at the right time!	12pm
**October 5 - Short game: are you chunking and blading shots? Come learn why, and how to avoid it.	12pm
**October 19 - Short game: practice skills	12pm
October 26 - Swing: what are we trying to do? Swing grip and general motion	12pm
**November 2 - Short game: putting fundamentals; steady makes consistent	12pm
November 9- longer pitching- this class will be on the driving range	12pm
November 16- Swing: drills to improve your consistency	12pm
November 23- Swing: Let’s hit drivers!	12pm
**November 30- short game- bunkers and pitching	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