

# BEGINNING

# Golf

## SPRING 2010

**MasterFit**   
Action • Health • Adventure

**BEGINNER LEVEL ONE** | This class, for the new or first-time golfer, is designed to be a basic introduction to the game and will include history, equipment, pre-swing fundamentals such as grip, stance, set-up, introduction to the golf swing, proper warm-up techniques and an introduction to chipping and putting. Clubs are provided. Instructor: Heidi Richardson, PGA Class A Golf Instructor. CODE: 25SI MFGFBG1

**Tuesdays | March 2, 9, 16, 23 | 5:00 pm–6:00 pm**  
**Encinitas Ranch Golf Course | \$105 members | \$130 non-members**

**BEGINNER LEVEL TWO** | This class will be held outdoors and is designed to prepare the beginning golfer for the first round of golf. This class will cover the “long” game, including the driver and fairway woods, offer a more in-depth overview of chipping, putting and pitching techniques, while introducing the student to course management, golf course etiquette and rules. Students will actually play a few holes of golf during the last class session. Clubs are provided. **Please bring \$5.50 for a bucket of range balls.** Instructor: Barbara Pendergast, Former LPGA Tour Professional. CODE: 25SI MFGFBG2

**Tuesdays | April 6, 13, 20, 27 | 5:30 pm–6:30 pm**  
**Rancho Carlsbad Golf Course | \$105 members | \$130 non-members**

**REGISTER IN PERSON AT THE YMCA OR CALL 760.635.3050**

For more information contact Mary Luke Foster at [mfoster@ymca.org](mailto:mfoster@ymca.org).

MAGDALENA ECKE FAMILY YMCA  
**IT'S FOR EVERYBODY**   
*We build strong kids, strong families, strong communities.*