



Intermediate
GOLF INSTRUCTION
WITH HEIDI RICHARDSON PGA CLASS "A" GOLF INSTRUCTOR

SUNSET CLINICS AT ENCINITAS RANCH GOLF COURSE

Four week sessions: full swing video instruction, short game, chipping, pitching and putting.

- Week One:** Golf swing basics, grip, aim, set up, swing techniques, basic movements, building a balanced rhythmic swing that won't fail you!
- Week Two:** Chipping and putting, tempo, distance and direction control, putting practice drills, don't crumble under pressure!
- Week Three:** Pitching and bunker shots, using wedges around the green, how to get "up and down," get over your fear of the sand!
- Week Four:** Review full swing basics from week one, work your swing up to long irons and woods, **video swing analysis**, individual swing questions and needs addressed.

SPRING 2010

THURSDAYS | 5:30 PM-6:30 PM | \$130 MEMBERS | \$155 NON-MEMBERS

SESSION ONE DATES: March 4, 11, 18, 25 (5:00 pm)

SESSION TWO DATES: April 8, 15, 22, 29

SESSION THREE DATES: May 6, 13, 20, 27

REGISTER IN PERSON AT THE YMCA OR CALL (760) 635-3050

For more information contact Mary Luke Foster
at (760) 942-9622, ext. 1401 or mfoster@ymca.org

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