



Willowbend



GOLF *FORE* BEGINNERS

Golf is a game - it should be fun! That's why we've designed this new program specifically for beginners so that you can learn about the game in a fun, social, and easygoing environment.

If you've never played a round or if golf feels intimidating or hard to pick up, Golf Fore Beginners is the perfect program to start your golf journey. In our four-week sessions, you'll learn etiquette and rules, tour the facilities, receive lessons, practice on the course, and enjoy drinks along the way.

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WEEK 1

What is the golf experience and how does it work? We start from the very beginning, before you ever put a club in your hand, discussing where to go, what to know, and how to navigate your way around the Willowbend golf facilities.

What to expect:

- **Reception:** Meet us outside the golf shop for a brief overview of the day and program.
- **Golf Shop Tour & Introductions:** Learn all about what's in the Golf Shop, proper attire, tee time procedures, available services, tournaments, playing opportunities, and more! We will tour you around the shop and you'll get to meet our incredible staff.
- **Golf Facilities Tour:** We'll jump on our golf carts and tour the practice range/green, short game area, and check out TopTracer.
- **Instruction:** We'll start with a discussion of the basic fundamentals of grip and stance followed by 30 min of practice time on the practice green and short game area.
- **On-Course Play:** The group will be split into foursomes to play a 2-hole team scramble.



WEEK 2

While keeping our focus on the fun and social side of the game, we will start our session with Willowbend's own Certified Strength and Conditioning Specialist, Kathy Ekdahl, who will show us some great golf-specific warm-up exercises to ensure you're moving right and feeling comfortable.

What to expect:

- **Golf Fitness Intro with Kathy Edkhal** - Kathy will discuss her programming, golf swing physiology, and golf-related fitness programming.
- **Instruction:** We'll incorporate fundamentals from short game and putting and work on basic swing fundamentals.
- **On-Course Play:** The group will be split into foursomes to play a 3-hole team scramble.



WEEK 3-4

We'll start off with a light fitness program and then practice, before heading out on the course! Our Professional Staff will show you how to navigate the golf course, hit various shots, and understand some of the nuances of the golf experience.

What to expect:

- **Golf Fitness with Kathy Edkhal** - Kathy will conduct a 10-15 min fitness program to get you ready for practice.
- **Instruction:** We will continue working on golf swing practice and development.
- **On-Course Play:** The group will be split into foursomes to play a 3-hole team scramble.

ADDITIONAL DETAILS

SESSION 1

Week 1: June 8 | 3:30 pm
Week 2: June 15 | 3:30 pm
Week 3: June 22 | 3:30 pm
Week 4: June 29 | 3:30 pm

SESSION 2

We will be releasing dates and times at a later date.

The price for the program is \$200 per person. We will have a limit of 16 attendees per program. Each day will include a small golf-related gift, complimentary spirits on the course, and a drink ticket for the Grille Room bar.

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