



# Adult Group Classes

**\$130** + GST 1-hour sessions, 4 hours total

## Welcome To Golf

Saturday March 1, 8, 15, 22 10:00 – 11:00 am  
Wednesday March 5, 12, 19, 26 5:30 – 6:30 pm  
Wednesday April 2, 9, 16, 23 5:30 pm – 6:30 pm  
Saturday April 5, 12, 19, 26 10:00 am – 11:00 am

### Skill Builder #1 - General

Saturday March 1, 8, 15, 22 11:00 – 12:00 am  
Wednesday March 5, 12, 19, 26 6:30 – 7:30 pm  
Wednesday April 2, 9, 16, 23 6:30 pm – 7:30 pm  
Saturday April 5, 12, 19, 26 11:00 am – 12:00 am

### Skill Builder #2 - Shortgame

Saturday's March 1, 8, 15, 22 12:00 – 1:00 pm  
Tuesday March 4, 11, 18, 25 5:30 – 6:30 pm  
Tuesday, April 1, 8, 15, 22 5:30 pm – 6:30 pm  
Saturday April 5, 12, 19, 26 12:00 – 1:00 pm

### Skill Builder #3 - Approach Shots

Saturdays March 1, 8, 15, 22 1:00 – 2:00 pm  
Thursday March 6, 13, 20, 27 5:30 – 6:30 pm  
Thursday April 3, 10, 17, 24 5:30 pm – 6:30 pm  
Saturday April 5, 12, 19, 26 1:00 – 2:00 pm

### Skill Builder #4 - Tee Shots

Saturday's March 1, 8, 15, 22 2:00 – 3:00 pm  
Thursday March 6, 13, 20, 27 6:30 – 7:30 pm  
Thursday April 3, 10, 17, 24 6:30 pm – 7:30 pm  
Saturday April 5, 12, 19, 26 2:00 – 3:00 pm

Minimum 4 / maximum 9 students per session  
Call or visit the Golf Shop at Blue Ocean to register  
Must be available for all classes, as no make-up classes will be offered  
Each series will run for 4 consecutive weeks on the same day and time (3 weeks for 4.0)

Questions, concerns, more information? Call Dan Axford  
604-653-9709 or [daxford@blueoceangolf.ca](mailto:daxford@blueoceangolf.ca)  
Programs proceed rain or shine.

**See reverse side for details**

## **Welcome To Golf    Learn the Basics in all aspects of Golf**

If you are new to golf or would like to brush up your basics. Is golf something you have always wanted to try but did not know where to start? This program is for you. Gather up your spouse, your friends, or come alone to learn the basics of putting, chipping, pitching, full-swing, golf etiquette, traditions, rules, and equipment needs. This program is ideal for those who are new to the game. All necessary equipment will be provided.

### **Skill Builder 1            General - Building skills and confidence**

This program offers four lessons that concentrate on refreshing and building upon core skills, rules, etiquette, and values. Overall, participants will gain insight into practice techniques for all aspects of the game including driving, approach shots, shortgame, and putting. Perfect for students interested in a general approach, review of the fundamentals and graduates of our Welcome to Golf class.

### **Skill Builder 2            Short Game - Growing skill base and imagination**

This program will focus on strengthening and fine tuning your game from inside 50 yards. Each week will explore different skills including Putting (technique and green reading), Chipping (bump and run), Pitching (different lofts, square face, and open face) and Green side bunker shots. We will also explore the different lies that occur on the course and how to properly prepare, assess, and decide on the most effective shot to improve scoring. Discuss the four parts of a golf shot regarding short game. (Prepare, Rehearse, Execute, Post-shot reflection)

### **Skill Builder 3            Approach Shots - Growing skill base and consistency**

This program will focus on techniques to improve different length shots, from the fairway, rough and fairway bunkers, for hitting the green. Each week will explore different skills including irons, hybrids, fairway woods, and course management decisions. Learn about environmental factors such as slope, temperature, wind, elevation, and ground moisture. Discuss the four parts of a golf shot regarding approach shots. (Prepare, Rehearse, Execute, Post-shot reflection)

### **Skill Builder 4            Tee Shots - Distance and Accuracy**

This program will focus on techniques and swing mechanics to improve getting off the tee. Each week will explore different options and decision making for club selection between Driver, fairway woods and irons. Examine contact using a launch monitor, balance/kinematic sequence using pressure mat, wrist positions using sensors. Discuss the four parts of a golf shot regarding tee shots. (Prepare, Rehearse, Execute, Post-shot reflection)