

Seniors and Ladies Program

The program for Seniors and Ladies includes:

- ◆ Beginners—the basics
- ◆ Choosing and using the right equipment
- ◆ Flexibility analysis
- ◆ Demonstration of strength exercise
- ◆ Customized lessons for the more experienced golfer

In addition there is a free half hour discussion on equipment and course etiquette.

Definitions

Chipping-This is a low trajectory shot that flies less than on-third of the way to the pin and then rolls the rest of the way.

Pitching-A medium trajectory shot that flies about halfway to the pin and then rolls the rest of the way.

Lob Shot-This is a high trajectory shot that is mainly played over bunkers, water, hazards or rough ground, to the green. This shot should fly almost all the way to the hole and then stop quickly.

For information please
contact:

Roland Longbottom

Canadian Golf Teachers Federation
Level 5 Teaching Professional

604-463-3496

Cell: 778-837-1198



9500 Clay St
Mission, BC
V4S 1K6

Phone: 604-814-0414
Fax: 604-814-0415
Toll Free: 1-888-846-5322
Email: golf@cedarridgegolf.ca

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Cedar Ridge
Golf Lessons
2012
Golf Season

Where Great
Golf Begins!



Cedar Ridge Golf Course

Phone: 604-814-0414

**Lesson Charges
2012 Season**

Packages of 6 Lessons

Each lesson is 1 hour in length


- ◆ for Children (6-12 yrs)
\$200.00 per person
- ◆ for Young Adults (13-18 yrs)
\$250.00 per person
- ◆ for Adults (19 and up)
\$300.00 per person

Individual Lessons

Each lesson is 1 hour in length

- ◆ for Children (6-12 yrs)
\$40.00 per lesson
- ◆ for Young Adults (13-18 yrs)
\$50.00 per lesson
- ◆ For Adults (19 and up)
\$60.00 per lesson

**Beginner's Program
(must have own equipment)**

<p>Lesson 1 The Basic</p> <ul style="list-style-type: none"> ◆ Grip ◆ Posture ◆ Alignment 	<p>Lesson 4 Ball Striking</p> <ul style="list-style-type: none"> ◆ Club Position ◆ Hands Position ◆ Body Position
<p>Lesson 2 The Swing</p> <ul style="list-style-type: none"> ◆ Quarter Swing ◆ Half Swing ◆ Full Swing ◆ Shoulder turn— arms, hips and shoulders all turn together 	<p>Lesson 5 Short Game</p> <ul style="list-style-type: none"> ◆ Reading the greens ◆ Chip Shots ◆ Pitch Shots ◆ Lob Shots
<p>Lesson 3 Rhythm</p> <p>One of the most important aspect of your game</p> 	<p>Lesson 6 Putting</p> <ul style="list-style-type: none"> ◆ Repairing ball marks ◆ Repairing divots ◆ Respect for the greens ◆ Respect for the golf course ◆ Etiquette of the game

Short Game Program

Lesson 1

On the range—100 yards and in
Pitching Wedge and other clubs, alignment
and target, distance control and ball flight.

Lesson 2

Chipping (see definition on back page)
Around the green—20 yards and in
Various clubs, uneven lies, judging the dis-
tance, reading the green.

Lesson 3

Pitching
(see definition on back page)

Lesson 4

The Lob Shot (see definition on
back page)



Lesson 5—Sandwork

Fairway sand shots—This is an entirely dif-
ferent process to playing a bunker shot close
to the green. It is certainly a lesson which
needs learning well for most players.

Bunker shots around the green—This is a
very delicate and precise shot making. A lot
of thought and concentration goes into learn-
ing this part of the game, but once learned
correctly and save you a lot on your score.

Lesson 6

Putting
This is a very individualistic procedure.
There is much to be learnt about setting up,
striking the ball correctly and reading the
greens.