

2017 Ladies Program			
Date	Clinic	Date	On Course
24th Feb	On - 9:30am	24th Feb	Griffins Golf
3rd Mar	On - 9:30am	3rd Mar	On - 10:45am
10th Mar	On - 9:30am	10th Mar	On - 10:45am
17th Mar	On - 9:30am	17th Mar	On - 10:45am
24th Mar	On - 9:30am	24th Mar	On - 10:45am
31st Mar	Good Friday	31st Mar	On - 10:45am
7th Apr	On - 9:30am	7th Apr	Maitland Rugby
14th Apr	School Holidays	14th Apr	School Holidays
21st Apr	School Holidays	21st Apr	School Holidays
28th Apr	On - 9:30am	28th Apr	On - 10:45am
5th May	On - 9:30am	5th May	On - 10:45am
12th May	On - 9:30am	12th May	On - 10:45am
19th May	On - 9:30am	19th May	On - 10:45am
26th May	On - 9:30am	26th May	On - 10:45am
2nd June	On - 9:30am	2nd June	On - 10:45am
9th June	On - 9:30am	9th June	On - 10:45am
16th June	On - 9:30am	16th June	On - 10:45am
23rd June	On - 9:30am	23rd June	On - 10:45am
30th June	On - 9:30am	30th June	On - 10:45am
7th July	School Holidays	7th July	School Holidays
14th July	School Holidays	14th July	School Holidays
21st July	On - 9:30am	21st July	On - 10:45am
28th July	On - 9:30am	28th July	On - 10:45am
4th Aug	On - 9:30am	4th Aug	On - 10:45am
11th Aug	On - 9:30am	11th Aug	On - 10:45am
18th Aug	On - 9:30am	18th Aug	On - 10:45am
25th Aug	On - 9:30am	25th Aug	On - 10:45am
1st Sept	On - 9:30am	1st Sept	On - 10:45am
8th Sept	On - 9:30am	8th Sept	On - 10:45am
15th Sept	On - 9:30am	15th Sept	On - 10:45am
22nd Sept	On - 9:30am	22nd Sept	On - 10:45am
29th Sept	School Holidays	29th Sept	School Holidays
6th Oct	School Holidays	6th Oct	School Holidays
13th Oct	On - 9:30am	13th Oct	On - 10:45am
20th Oct	On - 9:30am	20th Oct	Harry Meyn
27th Oct	On - 9:30am	27th Oct	On - 10:45am
3rd Nov	On - 9:30am	3rd Nov	On - 10:45am
10th Nov	On - 9:30am	10th Nov	ARTC
17th Nov	On - 9:30am	17th Nov	On - 10:45am
24th Nov	On - 9:30am	24th Nov	On - 10:45am
1st Dec	On - 9:30am	1st Dec	On - 10:45am
8th Dec	On - 9:30am	8th Dec	On - 10:45am
15th Dec	On - 9:30am	15th Dec	On - 10:45am



**For all your golfing needs  
from tuition to equipment  
see the team at the  
Maitland On Course  
Golf Factory**

**OPEN 7 DAYS**

East's Leisure & Golf  
Incorporating Maitland Golf Club  
2 Tenambit Street  
EAST MAITLAND 2323

Professional Shop: (02) 4933 4141  
Club House: (02) 4933 7512  
Club House Fax: (02) 4933 5581  
email: [proshop@embc.com.au](mailto:proshop@embc.com.au)

**CANCELLATIONS**

Cancellations due to inclement  
weather for all sessions are made  
30 minutes prior to start time.

If conditions look doubtful please  
call the Golf Factory on 4933 4141.

**2017 Ladies  
Development  
Program**



# East's Ladies Golf Development Program

## East's Ladies Development Program

The Maitland Ladies Development Program is a structured system that encourages Lady golfers of all levels.

The program operates on most Fridays of the year and encompasses Introduction, Intermediate and Advanced golfers in a Clinic that caters for all levels.

The Ladies Development Program is operated by the Maitland Golf Factory, with the support of the Maitland Ladies Committee.

When thinking of your golf equipment needs please support the Golf Shop that operates the program.

## Friday Golf Clinic

The Development Golf Clinic is conducted on Fridays, as outlined in the schedule overleaf.

The Clinic runs from 9:30am to 10:30am and is operated by Vikki Wrigley and Neil Dorsett, the Clubs Resident Teaching Professionals.

The Clinic encompasses all levels from people just starting the game of golf to more advanced golfers. The cost of the Introduction Program is only \$80 for a six week course or \$15 per week for golfers wishing to participate randomly.

Participants in the Introduction section need not attend six weeks straight and can tailor their commitment to individual needs.

All equipment is supplied courtesy of the Maitland Golf Factory. If participants haven't got equipment the Shop will get you started.

Bookings for the Golf Clinic are essential and can be made at the Golf Shop or by email - [proshop@embc.com.au](mailto:proshop@embc.com.au) or by calling 4933 4141.

## On Course & 9 Hole Competitions

At the completion of the six week Introduction Program new golfers can then embark on a pathway that includes an On Course Instruction Program and Wednesday 9 Hole Competition.

The On Course Introduction program runs on most Fridays of the year. The Friday program is outlined in the schedule overleaf and commences at 10.45am.

The Wednesday program changes through the year and is dependent on the Ladies field as to start times. In general the start times will be between 9am and 10am.

Please check with the Golf Shop week about to confirm start times for Wednesday golf. Please note that the schedule is subject to change.

The cost of the On Course Introduction Program is only \$8 per week.

New players progressing to the On Course Introduction Program need to join the East's Leisure and Golf Club as a Social Member. This enables players to then play up to 10 times in this section of the Program before considering full playing golf membership of the Club.

## Swing Fit Program

Swing Fit is Australia's national women's program to increase and promote female participation in golf. Swing Fit programs are available to new and existing golfers.

For new golfers, a Swing Fit program exposes participants to basic swing and putting golf skills, as well as movement and flexibility exercises, all in a social and supportive environment.

Existing golfers experience specific golf conditioning activities alongside skill development and refinement.

It is for women of all ages and abilities and coupled with East's Fitness Centre, can really help all participants achieve their golf and fitness goals.

"Fore" more information on the Program, including times and fees, talk to Vikki Wrigley or the friendly Fitness Centre Staff.

## Equipment Needs

Golf clubs and the correct specifications that they need to be can be a confusing issue. There are a few considerations when fitting golf clubs, but once these are overcome it is pretty easy to get the clubs that are right for you.

A scale used by qualified Golf Professionals that measures a golfer's fingertip to the ground determines the length of golf clubs required by a player. When a golfer is addressing the ball correctly and once clubs have been fitted there is never a problem as to the length of a club.

Shaft flex can be broken down into Junior, Ladies, A Flex, Regular, Stiff and Extra Stiff. One of these flexes suits everybody depending on the speed of their swing. The kick point of the shaft then helps determine the height that a shot will fly.

Grip thickness is a big variable, but is easily adjusted by qualified Golf Professionals. The thickness required changes from person to person depending on a scale of finger length to palm size. Everybody is different.

At the Maitland Golf Factory we are well placed to correctly outfit all golfers with high quality golf equipment at the best prices.

For a more in depth explanation of club fitting and the components used in modern clubs drop into the Golf Factory and talk to the Professionals.