

2021 Ladies Program			
Date	Clinic	Date	On Course
26th Feb	On - 9:30am	26th Feb	On - 10:45am
5th Mar	On - 9:30am	5th Mar	On - 10:45am
12th Mar	On - 9:30am	12th Mar	On - 10:45am
19th Mar	On - 9:30am	19th Mar	On - 10:45am
26th Mar	On - 9:30am	26th Mar	On - 10:45am
2nd Apr	Good Friday	2nd Apr	Good Friday
9th Apr	School Holidays	9th Apr	School Holidays
16th Apr	School Holidays	16th Apr	School Holidays
23rd Apr	On - 9:30am	23rd Apr	On - 9:30am
30th Apr	On - 9:30am	30th Apr	On - 10:45am
7th May	On - 9:30am	7th May	On - 10:45am
14th May	On - 9:30am	14th May	On - 10:45am
21st May	On - 9:30am	21st May	On - 10:45am
28th May	On - 9:30am	28th May	On - 10:45am
4th June	On - 9:30am	4th June	On - 10:45am
11th June	On - 9:30am	11th June	On - 10:45am
18th June	On - 9:30am	18th June	On - 10:45am
25th June	On - 9:30am	25th June	On - 10:45am
2nd July	School Holidays	2nd July	School Holidays
9th July	School Holidays	9th July	School Holidays
16th July	On - 9:30am	16th July	On - 10:45am
23rd July	On - 9:30am	23rd July	On - 10:45am
30th July	On - 9:30am	30th July	On - 10:45am
6th Aug	On - 9:30am	6th Aug	On - 10:45am
13th Aug	On - 9:30am	13th Aug	On - 10:45am
20th Aug	On - 9:30am	20th Aug	On - 10:45am
27th Aug	On - 9:30am	27th Aug	On - 10:45am
3rd Sept	On - 9:30am	3rd Sept	On - 10:45am
10th Sept	On - 9:30am	10th Sept	On - 10:45am
17th Sept	On - 9:30am	17th Sept	On - 10:45am
24th Sept	School Holidays	24th Sept	School Holidays
1st Oct	School Holidays	1st Oct	School Holidays
8th Oct	On - 9:30am	8th Oct	On - 10:45am
15th Oct	On - 9:30am	15th Oct	On - 10:45am
22nd Oct	On - 9:30am	22nd Oct	Harry Meyn Day
29th Oct	On - 9:30am	29th Oct	Rexcel Golf Day
5th Nov	On - 9:30am	5th Nov	On - 10:45am
12th Nov	On - 9:30am	12th Nov	On - 10:45am
19th Nov	On - 9:30am	19th Nov	On - 10:45am
26th Nov	On - 9:30am	26th Nov	On - 10:45am
3rd Dec	On - 9:30am	3rd 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

Easts Leisure & Golf
2 Tenambit Street
EAST MAITLAND 2323

Professional Shop: (02) 4933 4141
Club House: (02) 4933 7512
email: proshop@embc.com.au

CANCELLATIONS & SCHEDULES

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

Please note that schedules can be subject to change through the year.

If conditions look doubtful please call the Golf Factory on 4933 4141 or check our facebook page > "East's Leisure & Golf Ladies Development Program"



EAST MAITLAND
SINCE 1899

2021 Ladies Development Program



East's Leisure & Golf Ladies Development Program

East's Ladies Golf Development Program

East's Ladies Development Program

The East's 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 East's Ladies Committee and the East's Group.

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 \$100 for a six week course or \$20 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.

New golfers can receive an Introductory pack including a club, glove and cap for only \$59. The pack is subsidized by the East's group and is part of it's dedication to the promotion of golf in the region.

Bookings for the Golf Clinic are essential and can be

made at the Golf Shop or by email - 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.

New players progressing to the On Course Introduction Program, and or the Wednesday 9 Hole Competition need to join the East's Leisure & Golf as a Social Member. This enables players to then play up to 10 times in these sections of the Program before considering Golf Membership of the Club.

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 and the Wednesday 9 Hole Competition is only \$10 per event.

East's provides a range of Membership options that suit the amount of golf that new golfers envisage they will play. These options can include East's Fitness Centre Membership at reduced rates which can encompass the Swing Fit Program as outlined below.

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 to 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 slightly different.

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