

## 2024 Ladies Program

Date	Clinic	Date	On Course
16th Feb	On - 9:30am	16th Feb	On - 10:45am
23rd Feb	On - 9:30am	23rd Feb	On - 10:45am
1st Mar	On - 9:30am	1st Mar	On - 10:45am
8th Mar	On - 9:30am	8th Mar	On - 10:45am
15th Mar	On - 9:30am	15th Mar	Mutual Day
22nd Mar	On - 9:30am	22nd Mar	On - 10:45am
29th Mar	Good Friday	29th Mar	Good Friday
5th Apr	On - 9:30am	5th Apr	On - 10:45am
12th Apr	School Holidays	12th Apr	School Holidays
19th Apr	School Holidays	19th Apr	School Holidays
26th Apr	On - 9:30am	26th Apr	On - 10:45am
3rd May	On - 9:30am	3rd May	On - 10:45am
10th May	On - 9:30am	10th May	On - 10:45am
17th May	On - 9:30am	17th May	On - 10:45am
24th May	On - 9:30am	24th May	On - 10:45am
31st May	On - 9:30am	31st May	On - 10:45am
7th June	On - 9:30am	7th June	On - 10:45am
14th June	On - 9:30am	14th June	On - 10:45am
21st June	On - 9:30am	21st June	On - 10:45am
28th June	On - 9:30am	28th June	On - 10:45am
5th July	On - 9:30am	5th July	On - 10:45am
12th July	School Holidays	12th July	School Holidays
19th July	School Holidays	19th July	School Holidays
26th July	On - 9:30am	26th July	On - 10:45am
2nd Aug	On - 9:30am	2nd Aug	On - 10:45am
9th Aug	On - 9:30am	9th Aug	On - 10:45am
16th Aug	On - 9:30am	16th Aug	Camp Quality
23rd Aug	On - 9:30am	23rd Aug	On - 10:45am
30th Aug	On - 9:30am	30th Aug	On - 10:45am
6th Sept	On - 9:30am	6th Sept	On - 10:45am
13th Sept	On - 9:30am	13th Sept	On - 10:45am
20th Sept	On - 9:30am	20th Sept	On - 10:45am
27th Sept	On - 9:30am	27th Sept	On - 10:45am
4th Oct	School Holidays	4th Oct	School Holidays
11th Oct	School Holidays	11th Oct	School Holidays
18th Oct	On - 9:30am	18th Oct	Stuart & Dunn
25th Oct	On - 9:30am	25th Oct	Harry Meyn Day
1st Nov	On - 9:30am	1st Nov	On - 10:45am
8th Nov	On - 9:30am	8th Nov	On - 10:45am
15th Nov	On - 9:30am	15th Nov	On - 10:45am
22nd Nov	On - 9:30am	22nd Nov	Bobby Barnes



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

**OPEN 7 DAYS**

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

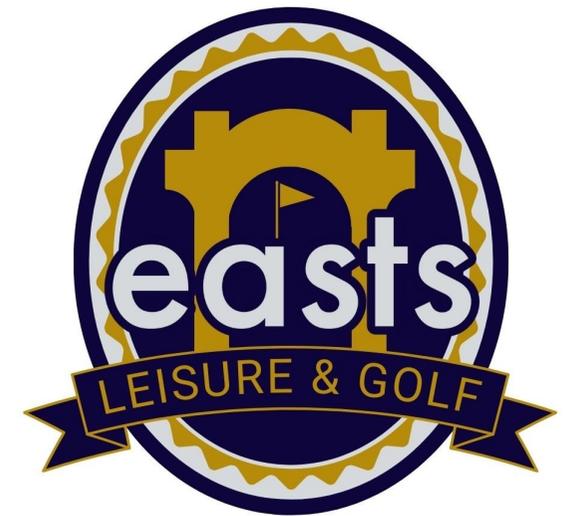
Professional Shop: (02) 4933 4141  
Club House: (02) 4933 7512  
email: [proshop@embc.com.au](mailto:proshop@embc.com.au)

### **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'S LADIES DEVELOPMENT PROGRAM**

# **2024 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 East Maitland On Course 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, Neil Dorsett, Hayden Gulliver and Michael Holden the Clubs 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 East Maitland On Course 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](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 or, a 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 9 Hole Competition 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 Get Into Golf Program as outlined on the next page.



## 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.

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

## Get Into Golf Program

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

For new golfers, the 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.