

DID YOU KNOW?

'Golf' is highly recommended for many Reasons. It's now fun, affordable and absolutely on trend!! So apart from being popular it does all the following for you:

- ◇ Gets you out in the West Cork fresh air
- ◇ You use all 639 muscles every time you swing
- ◇ Walk over 10k of steps using up to 900 cal's
- ◇ Use your mind and be creative
- ◇ Socialise and have fun with your friends



GET INTO GOLF

Get into Golf Ladies 2019

FREE TRY OUT SESSION

Venue: Skibbereen Golf Club

Date: Wed 17th or Thurs 18th April

Time: 6.30-7.30pm or 7.30-8.30pm



FOLLOW ON: 8 WEEK COACHING PROGRAMME

Itinerary:

A beginner programme with entertaining **PGA Professional Sarah Claridge** for 4 weeks coaching & 4 weeks playing. Everything is provided, you just turn up and have fun!

Start Date:

Wed 15th May or Thurs 16th May

At 6.30-7.30pm (for 8 consecutive weeks)

Cost: €60 **Book:** Call Sarah on 083 852 4917 or email sclari@sarah-claridge.co.uk

PLACES ARE LIMITED SO BOOK QUICK!