Get into Golf Programme

This is a three-stage "Get into Golf" programme, where each stage comprises 6 lessons designed for progression, confidence and flexibility, at a cost of £115 per stage.

Stage 1: Introduction to Golf — Weeks 1–6

- Absolute beginners
- Equipment provided
- Fun, social, confidence-building
- Clear foundations: grip, stance, swing, short game

Week	Lesson	What's covered
1	**Getting started**	Grip, stance, posture, alignment. Intro to golf swing
2	**Backswing**	Takeaway, balance, hand, arm and club position
3	**Full swing**	Downswing, impact and balanced follow-through
4	**Irons**	Different ball positions, distances, ground interaction
5	**Chipping**	Basic technique, club selection and distance control
6	**Putting**	Set-up, stroke, aim and pace control. Putting games

Stage 2: Improver Coaching — Weeks 7–12

- Getting to know your clubs and their uses
- On-course support
- Building skills and comfort
- Small group coaching

	Lesson	What's covered
7	**Driver**	Set-up, ball position, swing
8	**Woods/hybrids**	Technique, how and when to use. Benefits
9	**Pitching**	Technique, length of swing, distance control, ball position and ball flights
10	**Bunkers**	Set-up, club, rules, basic technique
11	**Uneven lies**	Uphill, downhill, ball above and below feet on course
12	**Skills challenge**	Driving, irons, chipping and putting challenges

Stage 3: Ready to Play Transition — Weeks 13–18

- Guided course sessions
- Introduction to scoring
- Social golf events
- Preparation for membership

Week	Lesson	What's covered
13	**Playing a hole**	On the course. Putting everything together
14	**Course management**	Aim, club selection, plan for hole, choosing the right options and routines
15	**Rules and etiquette**	On course, basic rules, safety, bunkers, divots, pitch marks and pace of play
16	**Scoring**	Scorecards, stroke play, Stableford, intro to handicaps and how to get one
17	**On-course coaching**	Playing holes. All aspects
18	**Play holes**	Minimal coaching, keep score, follow rules and etiquette. Making own decisions, club and shot selection

You may select any or all of the above stages and once you feel confident you may wish to continue with one of the various membership options available including

- **Lifestyle Membership 1**
- **Lifestyle Membership 2**

Details of all membership options are available on Skipton Golf Club's website or ask in the Office for more details.