

# 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 cals
- ◇ Use your mind and be creative
- ◇ Socialise and have fun with your friends



# GET INTO GOLF

## Get into Golf Ladies 2021 COACHING PROGRAMME

**Venue: Skibbereen Golf Club**

**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 DATES:

Mon 14th 7.15pm / Tues 15th 11.00 or 18.30  
Wed 16th 7.15pm of June (8 consecutive weeks)

**COST: €60**

### TO BOOK:

Text/Call Sarah on 083 852 4917  
or email [sclari@sarah-claridge.co.uk](mailto:sclari@sarah-claridge.co.uk)

**PLACES ARE LIMITED SO BOOK QUICK!**

