



Ladies Programmes

Ladies Discover Golf Programme

This programme has been designed for the complete beginner wishing to lay the foundations and build the range of skills and knowledge needed to enjoy the game for life in a fun and friendly group environment.

Package consists of:

6 x 90-minute weekly group coaching and development sessions covering:

The equipment/ What is golf?/The most important shots first – putting

How to Chip & Pitch

Warm-up routine and fitness drills. Solid foundations – developing the full swing

Dynamic movements – developing the full swing (video analysis)

Escaping the sand. Pre shot routine. Developing the full swing. Tips & drills

Introduction to the course. On-course playing session on the Academy Course, how to play the game; including rules & etiquette and course management

Package also includes:

Driving range practice card (6 practice sessions)

Royal Golf Academy Introduction to Golf Handbook

Free use of equipment during the lesson

Invitation to Academy Tuition Evening

Price: BD120 per lady