



# LADIES DEVELOPMENT PROGRAM

Welcome to the Ladies Development Program's upcoming season  
Over the course of the **8-week program**, all abilities will be covered, enabling golfers to lower their scores and enjoy the game more.

The Ladies Development Program starts  
the week of **April 15th, 2024**

Class	Start Date	Schedule	Duration	Cost	Cost +	Cost ++
BEGINNER	15 <sup>th</sup> April	Mondays 9:00am to 10:30am	1 Hour 30 Min	AED 1145	AED 1395	AED 1645
	16 <sup>th</sup> April	Tuesdays 7:00pm to 8:00pm	1 Hour	AED 880	AED 1130	AED 1380
	18 <sup>th</sup> April	Thursdays 8:00pm to 9:00pm	1 Hour	AED 880	AED 1130	AED 1380
INTERMEDIATE	15 <sup>th</sup> April	Mondays 7:00pm to 8:00pm	1 Hour	AED 880	AED 1130	AED 1380
	16 <sup>th</sup> April	Tuesdays 6:00pm to 7:00pm	1 Hour	AED 880	AED 1130	AED 1380
	17 <sup>th</sup> April	Wednesdays 6:00pm to 7:00pm	1 Hour	AED 880	AED 1130	AED 1380

Class	Start Date	Schedule	Duration	Cost	Cost +	Cost ++
INTERMEDIATE	18 <sup>th</sup> April	Thursdays 7:00pm to 8:00pm	1 Hour	AED 880	AED 1130	AED 1380
	18 <sup>th</sup> April	Thursdays 9:00am to 10:30am	1 Hour 30 Min	AED 1145	AED 1395	AED 1645
ADVANCED	16 <sup>th</sup> April	Tuesdays 9:00am to 10:30am	1 Hour 30 Min	AED 1145	AED 1395	AED 1645
	15 <sup>th</sup> April	Mondays 8:00pm to 9:00pm	1 Hour	AED 880	AED 1130	AED 1380

## Ladies Beginner Program

**Week 1:** Introduction to golf and learning the importance of the fundamentals for the golf swing.

**Week 2:** Swing building (takeaway and follow through) and what a golf course looks like.

**Week 3:** What is Putting? Learning the skill and taking this skill to the golf course.

**Week 4:** Swing building stage 2 (introducing wrist hinge), aiming towards targets.

**Week 5:** What is Chipping, learning the skill and understanding when to use a specific golf club?

**Week 6:** How to practice golf, error correction for all skills learnt so far and open Q&A.

**Week 7:** Swing Building stage 3 (body turn and elevation) and understanding swing speed.

**Week 8:** How does mentality play a big part in golf performance, and can we complete a hole on the golf course

## Ladies Intermediate Program

**Week 1:** Checking your golf swing fundamentals and the importance of performance routines.

**Week 2:** What is the golf swings kinematic sequence, how to improve it and strike testing?

**Week 3:** A must in Putting; controlling speed, learning how to green read, performance challenges

**Week 4:** Golf Swing video analysis and how to get the most from your practice sessions.

**Week 5:** Chipping techniques and testing your creativity around the green.

**Week 6:** Short course challenge, how well do you think your short game is?

**Week 7:** Changing your golf swing's follow-through for different trajectories and golf course scenarios.

**Week 8:** Error correction from performance and an open Q&A about the course.

## Ladies Advanced Program

**Week 1-2:** Fundamental refinement, advanced swing drills, and techniques for power and control.

**Week 3:** Advanced Putting Mastery, including distance control and green reading.

**Week 4:** Specialty Shots—shaping shots, understanding fades and draws.

**Week 5:** Bunker Play and Recovery Shots—mastering various lies and challenging terrains.

**Week 6:** Mental Resilience—advanced strategies for focus, visualization, and mindfulness.

**Week 7:** Course Management—personalized plans, risk-reward scenarios, and playing to strengths.

**Week 8:** Competition Simulation—applying skills in simulated rounds with debriefing and analysis.

Introducing our enhanced Plus & Plus-Plus packages, offering a myriad of added benefits for your enjoyment and satisfaction!

## BASIC

### Learning Goals:

- Master fundamental techniques in the main aspects of the golf game

### Motivational Factors:

- Engage in a social sport, connecting with peers and fostering new friendships
- Improve your abilities on the golf course and lower scores
- Learn to play golf in a proper manner

### Benefits & Add-ons

- Skill Enhancement: Systematic improvement in all areas of the game
- Networking: Opportunities to connect with like-minded individuals.

### Access to Bryson for:

- Personal Profile
- Class lists
- Lesson Plans & Topics
- Lesson recaps (PDF & Video Formats)
- Direct Coach Contact
- Invitations to special events
- Discount on additional lessons, pro-shop merchandise, golf balls & other services within the Golf Club

## PLUS<sup>+</sup>

### Learning Goals:

- Master fundamental techniques in the main aspects of the golf game.
- Understand how to practice correctly outside of the weekly lessons.

### Motivational Factors:

- Engage in a social sport, connecting with peers and fostering new friendships.
- Improve their abilities on the golf course and lower scores.
- Learn to play golf in a proper manner.
- Creating a structured Practice Routine
- Understanding what Effective Practice is
- Wanting to have a way of Practice Tracking and Stats

### Benefits & Add-ons:

- Skill Enhancement: Systematic improvement in all areas of the game
- Networking: Opportunities to connect with like-minded individuals

### Access to Bryson for:

- Personal Profile
- Class lists
- Lesson Plans & Topics
- Lesson recaps (PDF & Video Formats)
- Direct Coach Contact
- Invitations to special events
- Discount on additional lessons, pro-shop merchandise, golf balls & other services within the Golf Club
- Structured practice plans on Bryson: Tailored plans with varied techniques for each week's topic
- Stat Tracking for practice Plans: Analysing practice statistics for performance measurement
- Analysis and feedback on practice Data: Professional feedback based on practice data for guided improvement
- One Complimentary Session on trackman Range to use the "Find my Distance" feature

## PLUS<sup>++</sup>

### Learning Goals:

- Master fundamental techniques in the main aspects of the golf game.
- Understand how to practice correctly outside of the weekly lessons.

### Motivational Factors:

- Engage in a social sport, connecting with peers and fostering new friendships.
- Improve their abilities on the golf course and lower scores.
- Learn to play golf in a proper manner.
- Creating a structured Practice Routine
- Understanding what Effective Practice is
- Wanting to have a way of Practice Tracking and Stats

### Benefits & Add-ons:

- Skill Enhancement: Systematic improvement in all areas of the game
- Networking: Opportunities to connect with like-minded individuals

### Access to Bryson for:

- Personal Profile
- Class lists
- Lesson Plans & Topics
- Lesson recaps (PDF & Video Formats)
- Direct Coach Contact
- Invitations to special events
- Discount on additional lessons, pro-shop merchandise, golf balls & other services within the Golf Club
- Structured practice plans on Bryson: Tailored plans with varied techniques for each week's topic
- Stat Tracking for practice Plans: Analysing practice statistics for performance measurement
- Analysis and feedback on practice Data: Professional feedback based on practice data for guided improvement
- One Complimentary Session on trackman Range to use the "Find my Distance" feature
- Game Stat Tracking
- Feedback on your game stats from a professional golf coach
- Tailored practice plans for individuals based on their in game stats and areas of weakness
- Initial video analysis of the golf swing within the first session. With feedback to work on the swing
- Final Video analysis of the swing and comparison to the original video analysis
- In my bag yardage review that includes recommendations in terms of what clubs you should have within the golf bag depending of yardages

Sign Up

Contact Us

WWW.ABUDHABIGOLFCLUB.ABUDHABI