



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 **September 23rd, 2024**

Class	Start Date	Schedule	Duration	Cost	Cost +	Cost ++
BEGINNER	23 rd September	Mondays 9:00am to 10:30am	1 Hour 30 Min	AED 1145	AED 1395	AED 1645
	24 th September	Tuesdays 7:00pm to 8:00pm	1 Hour	AED 880	AED 1130	AED 1380
	26 th September	Thursdays 8:00pm to 9:00pm	1 Hour	AED 880	AED 1130	AED 1380
INTERMEDIATE	23 rd September	Mondays 7:00pm to 8:00pm	1 Hour	AED 880	AED 1130	AED 1380
	24 th September	Tuesdays 6:00pm to 7:00pm	1 Hour	AED 880	AED 1130	AED 1380
	25 th September	Wednesdays 6:00pm to 7:00pm	1 Hour	AED 880	AED 1130	AED 1380

Class	Start Date	Schedule	Duration	Cost	Cost +	Cost ++
INTERMEDIATE	26 th September	Thursdays 7:00pm to 8:00pm	1 Hour	AED 880	AED 1130	AED 1380
	26 th September	Thursdays 9:00am to 10:30am	1 Hour 30 Min	AED 1145	AED 1395	AED 1380
ADVANCED	24 th September	Tuesdays 9:00am to 10:30am	1 Hour 30 Min	AED 1145	AED 1395	AED 1645
	23 rd September	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⁺

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⁺⁺

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