



Adult Group Training 成人小組課程

February & March 2010's training schedule
2010年2月及3月訓練時間表

Feb & Mar 10
10年二月及三月



第一階段【適合初學者】Stage 1 (Beginner)

Lesson Contents 課程內容:

Introduction to golf, how to set up, backswing, downswing, impact, followthrough, putting, computer swing analysis. 基本準備打球動作, 後揮桿, 下揮桿, 擊球動作, 完成動作, 推桿訓練, 電腦揮桿分析

星期 Day	日期 Date	時間 Time
Mon	A) Feb 1, 8, 22, Mar 1 B) Mar 1, 8, 15, 22	1900 - 2000
Tue	A) Feb 23, Mar 2, 9, 16	1930 - 2030
Wed	A) Feb 3, 10, 17, 24 B) Feb 24, Mar 3, 10, 17	2000 - 2100
Fri	A) Feb 5, 12, 19, 26 B) Mar 5, 12, 19, 26	1900 - 2000
Sat	A) Feb 6, 20, 27, Mar 6 B) Mar 13, 20, 27, Apr 3	1130 - 1230
Sun	A) Feb 7, 21, 28, Mar 7	1600 - 1700

第二階段【中階】Stage 2 (Intermediate)

Lesson Contents 課程內容:

Long irons, woods and driver, Chipping and pitching, computer swing analysis
中, 長鐵打法, 木桿及開球桿訓練, 切球及電腦揮析分析

星期 Day	日期 Date	時間 Time
Mon	A) Feb 1, 8, 22, Mar 1 B) Mar 1, 8, 15, 22	1930 - 2030
Tue	A) Feb 23, Mar 2, 9, 16 ----	2000 - 2100
Wed	A) Feb 3, 10, 17, 24 B) Feb 24, Mar 3, 10, 17	2000 - 2100
Fri	A) Feb 5, 12, 19, 26 B) Mar 5, 12, 19, 26	1900 - 2000
Sat	A) Feb 6, 20, 27, Mar 6 B) Mar 13, 20, 27, Apr 3	1900 - 2000
Sun	---- B) Mar 14, 21, 28, Apr 4	1600 - 1700

第三階段【進階】Stage 3 (Advanced)

Lesson Contents 課程內容:

Bunkers shots, Ball Flight Law, Specialty shots, Advanced short games, computer swing analysis
沙坑訓練, 距進控制及球場管理, 特別球, 短打訓練, 電腦揮桿分析

星期 Day	日期 Date	時間 Time
Mon	A) Feb 1, 8, 22, Mar 1 B) Mar 1, 8, 15, 22	1930 - 2030
Tue	A) Feb 23, Mar 2, 9, 16 ----	2000 - 2100
Sun	A) Feb 21, 28, Mar 7, 14 B) Mar 7, 14, 21, 28	1600 - 1700

Special Ladies Program (Ladies ONLY)

Every Tue and Thu 1000 - 1100 & 1400 - 1500

如上述上課時間未能配合閣下之時間, 歡迎與我們聯絡安排合適之上課時間

Let us arrange the best lesson time for you! Please contact us for other available lesson times

查詢及報名熱線 **Enquiry and enrollment hotline: 2271 4953/ 6933 8068**

www.australiangolfacademy.com