

Jul & Aug 10
10 年七月及八月



Adult Group Training 成人小組課程

July & August 2010's training schedule
2010 年 7 月及 8 月訓練時間表

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) Jul 5, 12, 19, 26 B) Aug 9, 16, 23, 30	1930 - 2030
Wed	A) Jul 14, 21, 28, Aug 4 B) Aug 18, 25, Sep 1, 8	1900 - 2000
Thu	A) Jul 22, 29, Aug 5, 12 -----	1930 - 2030
Fri	A) Jul 2, 9, 16, 18 B) Aug 6, 13, 20, 27	2000 - 2100
Sat	A) Jul 10, 17, 24, 31 B) Aug 7, 14, 21, 28	1600 - 1700
Sun	A) Jul 25, Aug 1, 8, 15 -----	1430 - 1530

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) Jul 5, 12, 19, 26 B) Aug 2, 9, 16, 23	1900 - 2000
Tue	A) Jul 13, 20, 27, Aug 3 -----	2000 - 2100
Thu	----- B) Aug 5, 12, 19, 26	1930 - 2030
Fri	A) Jul 30, Aug 6, 13, 20 -----	2000 - 2100
Sat	A) Jul 3, 10, 17, 24 B) Aug 7, 14, 21, 28	1130 - 1230
Sun	A) Jul 11, 18, 25, Aug 1 B) Aug 22, 29, Sep 5, 12	1830 - 1930

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	----- B) Aug 9, 16, 23, 30	1930 - 2030
Thu	A) Jul 8, 15, 22, 29 -----	1930 - 2030
Sat	A) Jul 10, 17, 24, 31 B) Aug 7, 14, 21, 28	1700 - 1800

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

