



W THE WINSTON™
GOLF CLUB

Just the Girls
GOLF LESSONS

TAUGHT BY PGA OF CANADA PROFESSIONALS
KIM VALLEAU & BRYCE HALVERSON

Just the Girls

Session 1 - Tuesdays, May 14, 21, 28, 7:15pm, June 4 7:30pm

Just the Girls is a ladies only golf lesson program followed by a social event for members and non-members; anyone is welcome!

If you've never touched a club, have only been to the driving range one or two times, or if you're a seasoned recreational golfer, this program is for you!

In this 4 lesson program, we will be covering what to wear, how to drive a cart, what all the different clubs are for, how to hit different types of shots, and all the skills you'll need to get started, or take your game to the next level. During the last lesson, your skills will be put to the test in a fun 3 hole event. Golf clubs will be provided at no charge if required. If you're not sure about the set you have, bring them and our trained professionals can help!

After each lesson, the group will meet in the Regal Taps Lounge for tacos and wine, a staple here on Tuesday nights!

\$199 for all 4 lessons

For more information or to sign up, call The Winston Golf Shop 403-984-1700

WHY?!

According to WomenOnCourse, these are a few reasons to golf:

- Physical exercise
- Develop integrity
- Learn a new sport
- Foster your patience
- Meet potential clients
- Build a new wardrobe
- Try lots of cool gadgets
- Teach your kids etiquette
- Feel a sense of belonging
- Feeling of accomplishment
- Get away from the stress of life
- A glass of wine at the 19th hole
- The rush of being “in the zone”
- Spend time with your husband
- Learn how to calm your nerves
- Focus on something challenging
- Another activity to do on vacation
- Learn not take yourself so seriously
- Enjoy the plants, flowers, and trees
- Participate when small talk turns to golf
- Wear the logo of courses you’ve played
- Laugh with friends over ‘interesting’ shots
- To learn about someone you’d like to hire
- To impress the men with a really nice drive
- To see the ‘real’ side of your new boyfriend
- Chance to invest in some great accessories
- To post a score better than the week before

- Make new friends
- Be part of a team
- Entertain your clients
- Take some fun photos
- Learn anger management
- Help others learn the game
- Learn how to judge distance
- Create opportunities for youth
- Master your body movements
- Keep your mind in the present
- To break into the old boys club
- Open up new career opportunities
- Have a motivation to stay in shape
- Spend quality time with your parents
- Add new golf jokes to your repertoire
- Play in your annual company golf outing
- The eternal hope of making a hole-in-one
- Understand the lure of watching golf on TV
- Develop some muscle and improve flexibility
- Nothing beats the feeling of a well struck shot
- Have some solitary time on the practice range
- Learn when to play it safe and when to take risks
- Spend time with the family doing something active
- To start a hobby you can do for the rest of your life
- Experience excitement when you sink a 20 foot putt
- Compete in a tournament and win really great prizes
- Learn how to break through self-improvement barriers

Notes: For all lessons, a cancellation fee may apply if canceled within 24 hours prior to the start of a lesson package. If a lesson needs to be canceled because of inclement weather, the instructors will do their best to reschedule to accommodate everyone’s schedule, but there are no make-up dates if participants can’t attend the make-up class, or a regularly scheduled lesson in a group lesson.