

# 2023 Ladies Only Golf Lesson Programs

by PGA of Canada Professional

## Kim Valleau



The Winston Golf Club is pleased to host ladies only golf lessons. All lessons are taught by PGA of Canada Golf Class A Professional of the Year (2022), Kim Valleau, in a fun, comfortable, and supportive environment. Members and non-members are welcome, invite your friends! These lessons are a fantastic opportunity to improve your golf skills while having fun.

If you have a group of friends who want to learn how to golf, have a group social activity, or take your game to the next level, private group lessons are available. These private group lessons are completely customizable from dates, times, topics, and number of lessons. Reservations in the dining facilities can be made for lunch, dinner or beverages after the lesson. The options are endless! Equipment is provided at no charge for small group lessons.

Gather your group together, select the package you'd like to book, then contact Kim. If you don't have a group, feel free to sign up in an advertised group lesson. Dates and times are subject to change.

**Email:**

**[kvalleau@thewinstongolfclub.com](mailto:kvalleau@thewinstongolfclub.com)**

**to sign up for any lesson.**



## NEVER TOUCHED A CLUB

This clinic is for you if you've never ever or hardly ever held a golf club. Everyone in this clinic will be at the beginner level and everyone will feel welcomed and supported. This clinic will teach you everything you'll need to get started in golf. The things you might worry about like what to wear, how to drive a cart, what the different clubs are for, what's a tee, how to hold the club, etc. will be reviewed. Max 5 participants.

\$150 per person.

### WELCOME TO THE COURSE & PUTTING

What to wear, equipment, how to drive a cart, how to get around the clubhouse and practice areas, and social benefits will be reviewed. You'll also learn how to master the basics of putting in this lesson.

### FULL SWING

Full swing can be one of the most intimidating parts of the game, but I can make it simple and fun in this lesson. There will be an introduction to the basics and you'll learn what all the clubs are for.

### CHIPPING

In this lesson, you will learn how to chip, hit shots around the green (without going back and forth... back and forth!) and what clubs will work best for you.

Choose from Session 1 or 2. Each lesson is approximately 1 hour.

#### Session 1

- Sundays, May 14, 21, 28 - 2:30pm

#### Session 2

- Sundays, June 11, 18, 25 - 2:30pm

## BEGINNER-ISH

This clinic is for you if you've taken golf lessons in the last few years, but haven't played a lot of golf, and need a refresher (or a boost of confidence!). Each session will focus on the various golf skills you will use while playing. In addition, you will be guided onto the golf course and put your skills into action. Max 4 participants.

\$188 per person.

### FULL SWING

Review the basics of one of the "scariest" parts of golf, the full swing (I promise I'll make this super easy to learn for any skill level).

### PUTTING & CHIPPING

Putting is one of the most important parts of the game of golf. Master the basics of putting. In this lesson, you will also learn how to chip and hit shots around the green.

### PLAYING LESSON

Enjoy this 3 hole playing lesson on the golf course. In this playing lesson you will get comfortable with a full swing, learn what clubs to use from where, learn golf lingo, and learn a bit of etiquette so you can have fun and feel confident on the course. We will also review "slow play" so you can enjoy your time on the course.

Choose from Session 1 or 2.

#### Session 1

- Mondays
  - May 8, 5:30pm (approx. 1 hour)
  - May 15, 5:30pm (approx. 2 hours)
  - May 22, 6:30pm (approx. 1 hour)

#### Session 2

- Wednesdays
  - May 31, 4pm (approx. 1 hour)
  - June 7 4pm (approx. 2 hours)
  - June 14, 7pm (approx. 1 hour)

## SHORT GAME BOOTCAMP

This "Bootcamp" is great if you want to learn and explore chipping, pitching and putting. Who cares how far you hit it... become a short game guru! It's a lot of golf in a morning, but it's a great opportunity to link all your short game golf skills together. You'll leave this Bootcamp with some great skills and drills! Max 4 participants. Previous golf experience is required. Each session is approximately 2.5 hours.

\$135 per person.

### CHIPPING

You will learn about the difference in wedges, how to set up for a chip shot, how to hit different kinds of shots around the green, and even how to get the ball on the green and stay on the green!

### PITCHING

Pitch shots often occur farther away from the green than chip shots, and thus require a slightly longer swing.

### PUTTING

Putting is one of the most important parts of the game of golf. Master the basics of putting and take away some great drills.

Choose from Session 1 or 2:

#### Session 1

Saturday, May 20 - 10:00am - 12:30pm

#### Session 2

Saturday, June 17 - 10:00am - 12:30pm

## INTERMEDIATE LESSONS

Golfers can customize their lesson experience by selecting as few or as many lessons as desired. Be prepared to learn new swing techniques and dial in new types of shots. Max 5 participants. Each lesson is approximately 1 hour.

\$50 per person/class.

### SHORT GAME

**Saturday, May 27 - 10:00am OR**

**Sunday, June 25 - 4pm**

Given that 60% of your game is played from inside 100 yards, your short game shots can really improve your score. The focus of this clinic will be getting up and down, being more accurate with wedge shots, and dialing in those 30-60 yard shots.

### PUTTING

**Saturday, May 27 - 11:30am OR**

**Sunday, June 25 - 5:30pm**

The average number of putts (for those of you in double digits) is 3.1 times per hole and that's a generous number. What this means is that on an average day, you will take somewhere around 40 plus swings with that trusty club. So ask yourself this: How many putts do you have per round? Do you want to stop 3 putting? If you answered yes, then this lesson is for you. In this clinic we will work on short putts, tempo, and green reading.

### BUNKERS

**Saturday, May 27 - 1:00pm**

How many shots does it take you to get out of the sand? Do some shots trickle out while others zoom over the green? If you want to feel more confident in the sand, then this lesson is for you. Greenside bunkers, fairway bunkers, and club selection will be reviewed in this lesson.

# GOLF TIPS N' SIPS EVENING

DATE: FRIDAY, JUNE 9

TIME: 6:00PM

PRICE: \$275/COUPLE

## OPEN TO MEMBERS & NON-MEMBERS!!

Looking for an activity to do "together?" PGA of Canada Professionals Kim Valleau and Cameron Latimer will instruct this program. The couples are split in groups because we get it; ladies, you don't want your significant other giving you golf tips!

After the one hour clinic, meet back up with your significant other in the Clubhouse for a plated dinner and wine pairing created by Executive Chef Miguel Urrutia. This is a great opportunity to get to know other members and non-members, learn a bit about golf, socialize, and eat delicious food!



## Menu

### Japanese Yakiniku

Beef and chicken skewers, binchotan charcoal, soy-ginger glaze, scallions and togarashi spice, grilled rice mini balls

### Waldorf Salad

Green apples remoulade, celery, grapes, candied pecans and walnuts, raisins, baby gems lettuce, crispy parmesan and blue cheese crema dressing

### Main Course

AAA 7oz center cut sirloin, pressed potato, rainbow carrots, demi glaze, leeks and horseradish emulsion

Or

Stuffed chicken supreme, crispy polenta, cauliflower puree, poultry jus, rainbow carrots,

### Dessert

Salted dark chocolate tart, raspberry sorbet, Swiss meringue puffs, sugar tuile

# PRIVATE GROUP RATES

## LESSON RATES - CLASS A PROFESSIONAL

Individual Lesson (30 minutes)	\$95
Playing Lesson - 3 holes	\$120
Playing Lesson - 9 holes	\$220
Year Long Lesson Program	\$750

Group Lessons (total price for group)	Number of participants			
	1	2	3	4
1 Lesson	\$95	\$130	\$180	\$220
3 Lessons	\$270	\$360	\$495	\$600
4 Lessons	\$340	\$440	\$600	\$752
5 Lessons	\$400	\$500	\$675	\$900

excludes GST

## CANCELLATION & WEATHER POLICY

Refunds or make-up classes will not be given if cancelled within 4 hours of a lesson. Minimums are required for each session to run and session times may be adjusted depending on participant numbers.

If a lesson needs to be cancelled due to inclement weather, the instructor will do her 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.

## PAYMENT

Payment for lessons can be processed in full in the Golf Shop just prior to the first lesson.

## DRESS CODE

Jeans are not permitted on the course, driving range or putting greens. Women's tops may have a collar with no sleeves or no collar with sleeves. All shorts must have an inseam of no less than six inches with a finished hem. Soft spike golf shoes or athletic shoes are preferred for lessons.

Dates and times are subject to change.