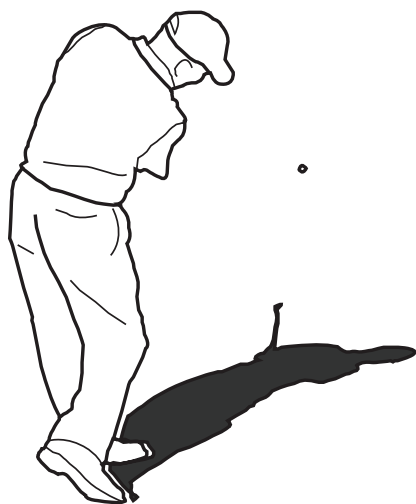


*Our Teaching Philosophy*

At Black Bear Ridge  
we encourage players  
of every level to  
learn, play and practice  
the game of golf with  
enjoyment and purpose!



**BLACK BEAR RIDGE GC**

Local: 613 - 968 - BEAR (2327)  
Toll free: 1 - 866 - 811 - BEAR (2327)



**BLACK BEAR RIDGE GC**

Skills Development Centre

**2011  
Adult Golf Lessons**

Directed by

**Cathy Sherk**

CPGA & LPGA Member

Black Bear Ridge GC  
Head Teaching Professional  
&  
Golf Association of Ontario  
Regional High Performance Coach

For more information call:

Local: 613 - 968 - BEAR (2327)  
Toll free: 1 - 866 - 811 - BEAR (2327)

or email  
[cshek@blackbearridge.ca](mailto:cshek@blackbearridge.ca)

[www.blackbearridge.ca](http://www.blackbearridge.ca)

## How to practice full swings at the driving range:

- Have a purpose
- Set some goals
- Time limit
- Warm – up with stretches & drills – 2 clubs together or weighted club
- Always hit toward a target
- Know the yardage to targets
- Make a practice station with a club on ground for alignment
- Put bucket of balls a few steps away from you
- Start with short pitches
- Take a few practice swings in between shots
- If you hit more than 2 bad shots in a row... stop... work on drills and practice swings before returning to hitting balls
- Change targets every 4 -6 shots
- Go through your full pre-shot routine every 4 or 5 shots
- Pace yourself – take your time
- Make notes afterwards on progress
- Chart club yardages

## How to practice at home:

- Back yard practice - swing at tees
- Keep your eyes on tee (spot) on the ground
- Woods or irons
- Keep extra golf club on deck or next to favorite TV chair to work on your grip whenever you have a free few minutes
- Use your patio doors or full length mirror to do drills in front of – or to check your set up and posture position
- Keep a putting cup or mat and an extra putter close by to work on your putting all year long

### Short Game:

- Pitch or chip to a basket or head covers in back yard – pace yardages to learn distances
- Put an obstacle (golf bag, chair) a few paces in front of you to make you have to go over it

**My wish is for students to make  
100 practice swings a day!**

## Private lessons with Cathy Sherk

### Adult Private Lessons:

½ hour - \$ 70.00  
Series of 4 - \$265.00  
Series of 6 - \$385.00  
1 hour - \$130.00

### Adult Semi-Private Lessons:

One hour - \$120.00  
Series of 4 - \$460.00  
Series of 6 - \$665.00

### Adult Season Long Coaching:

\$625.00  
8 Private 1/2 hour lessons  
Video analysis  
On course instruction  
Short game instruction  
Practice Package  
20 bucket range pass

## Private lessons with Ian McAnsh Assistant CPGA Professional

### Adult Private Lessons:

½ hour - \$ 50.00  
Series of 4 - \$185.00  
Series of 6 - \$250.00  
1 hour - \$ 90.00

### Adult Semi-Private Lessons:

One hour - \$ 80.00  
Series of 4 - \$280.00  
Series of 6 - \$390.00

**ASK THE BBR PROFESSIONAL  
STAFF ABOUT "ON SITE"  
GOLF CLUB FITTINGS AND  
GOLF CLUB REPAIRS**

**GIFT CARDS ARE AVAILABLE  
FOR ALL LESSON PROGRAMS**

(HST not included)