



### **3-Day Full Swing Golf School**

**Monday / Friday**

Day 1

9:00 A.M. - 9:15 A.M. Welcome  
9:15 – 9:45 A.M. Warm-up / Video  
9:45 - 10:15 A.M. Full Swing Dynamics  
10:15 – 11:15 A.M. Video Analysis  
11:15 A.M. – 12:15 P.M. Mastering the Basics  
12:15 – 1:00 P.M. LUNCH  
1:00 – 2:45 P.M. Impact Zone  
2:45 – 3:00 P.M. Recap  
3:00 – 3:15 P.M. Transition  
3:15 - ? Students Play Golf

**Tuesday / Saturday**

Day 2

8:30 - 9:00 A.M. Club Fitting Presentation  
9:00 – 9:15 A.M. Stretching  
9:15 - 10:15 A.M. Mastering the Basics Review / Impact Zone  
10:15 – 11:15 A.M. Pivot  
11:15 – 12:15 P.M. Dynamics of the Swing – Ball Striking  
12:15 – 1:00 P.M. LUNCH  
1:00 – 2:00 P.M. Driving with Authority  
2:00 – 2:45 P.M. Pre-Shot Routine  
2:45 – 3:00 P.M. Recap  
3:15 – 4:15 P.M. On-Course Instruction  
4:15 - ?? Students play golf

**Wednesday / Sunday**

Day 3

9:00 - 9:15 A.M. Stretching  
9:15 - 9:45 A.M. How to Practice  
9:45 – 10:45 A.M. Pivot (Advanced)  
10:45 – 12:15 P.M. Dynamics of the Swing – Recapture Video  
12:15 – 1:00 P.M. LUNCH  
1:00 – 2:30 P.M. 2<sup>nd</sup> Video Analysis – Written Game Plan  
2:30 – 3:00 P.M. Closing  
3:00 – 3:15 P.M. Transition  
3:15 - ? Students Play Golf