



## Get your golf back in gear

Elsabe and Justin are back with individual and group class coaching for adults and kids.

All coaching will take place under the guidance of the new regulations, and with your health and safety as our top priority. Give Elsabe a call to discuss your options on **082-922-8408**.

## GET YOUR GOLF IN GEAR!

**If your game is rusty after lockdown,  
consider a lesson or two - or even a package - to get  
yourself back to your best.**



**\*We will ensure all health & safety measures are adhered to.  
Contact Elsabe 082-922-8408 or Justin 082-925-0236**



### ADULT GROUP LESSONS

R1000 PER SCHOOL QUARTER  
8 students max per class. Beginners to lower handicaps are welcome & we will cover all aspects of the game

Contact Elsabe on 082-922-8408 / [elsabe@zwartkopcc.co.za](mailto:elsabe@zwartkopcc.co.za)



### Junior Group Lessons

1 hour / week in public school terms  
Classes grouped according to ages & 8 kids max / PGA Coach

Our juniors get:

- \*FREE golf membership
- \*FREE golf after 16h00
- \*Free Range Balls after 16h00
- \*Free use of the Mashie Course
- \*Fun Junior four-balls on a Sat afternoon

Call Elsabe 082-922-8408  
[elsabe@zwartkopcc.co.za](mailto:elsabe@zwartkopcc.co.za)



## Justin's Junior Order of Merit is back on!

Our Saturday afternoon Junior Golf School have started up again, and this is the perfect opportunity to get your kids involved. It's a great way for them to compete, make friends and improve their game. Call Justin for more details on **082-925-0236**



**ZWARTKOP JUNIOR ORDER OF MERIT**

18-HOLES ACCOMPANIED PLAY  
EVERY SATURDAY AFTERNOON  
(DURING SCHOOL TERMS)

FOR JUNIORS WITH AN OFFICIAL H/CAP

WEEKLY STABLEFORD POINTS & BEST SCORE PRIZES  
PLUS  
TERM-BY-TERM POINTS SYSTEM  
WITH AN OVERALL PRIZE

CALL JUSTIN ON  
082-925-0236

**PLAY GOLF - THE GAME OF A LIFETIME**

The poster features a background image of a golf course with a white golf ball on the grass. On the left, there is a logo for Zwartkop Country Club featuring a yellow bird.



**Golf tip of the week**

The banner consists of two photographs: on the left, a row of golf carts parked on a green; on the right, a wide view of a golf course with a sand trap and trees in the background. Below the photos is a yellow bar with the text 'Golf tip of the week'. A small logo of a yellow bird is visible in the bottom left corner of the banner.

## Let us help you play better golf

This week Elsabe helps you to dust off those cobwebs. Just by looking at how your glove has worn overtime, you will get an idea on a few things that need more attention.



*Elsabe Hefer is the Head Teaching professional at Zwartkop. She has been a PGA Pro for 20 years and is one of their Top 20 Teachers.*

## If you haven't already done so, download the HealthDocs App...

**Members only please use the club's unique reference number – 364604** when registering on the App so it links to our database for authentication.

Download the App either from the Apple App Store, or Google Play Store. [Click here](#) to read how to download the App and to upload yourself onto the system. It's so easy once you start using it, and does a great job of helping us to screen, monitor and, if necessary, track and trace people that have entered the estate on any given day.



## Purchase Pre-Paid Cart Vouchers with no date limit...

5 Cart Vouchers – R1200 – *YOU SAVE R200*

10 Carts Vouchers - R2200 – *YOU SAVE R600*

20 Cart Vouchers - R4000 – *YOU SAVE R1600*

### **Weekday Morning Golfers (must tee off by 8am):**

10 Cart Vouchers - R1600 – *YOU SAVE R1200*

20 Cart Vouchers - R3000 – *YOU SAVE R2600*

To take up this offer you can either pop into the golf shop or email [daleh@zwartkopcc.co.za](mailto:daleh@zwartkopcc.co.za). Pay via credit / debit card or EFT:

Zwartkop Country Club



FNB - Centurion

**Account Number:** 62322392482

**Branch Code:** 261550

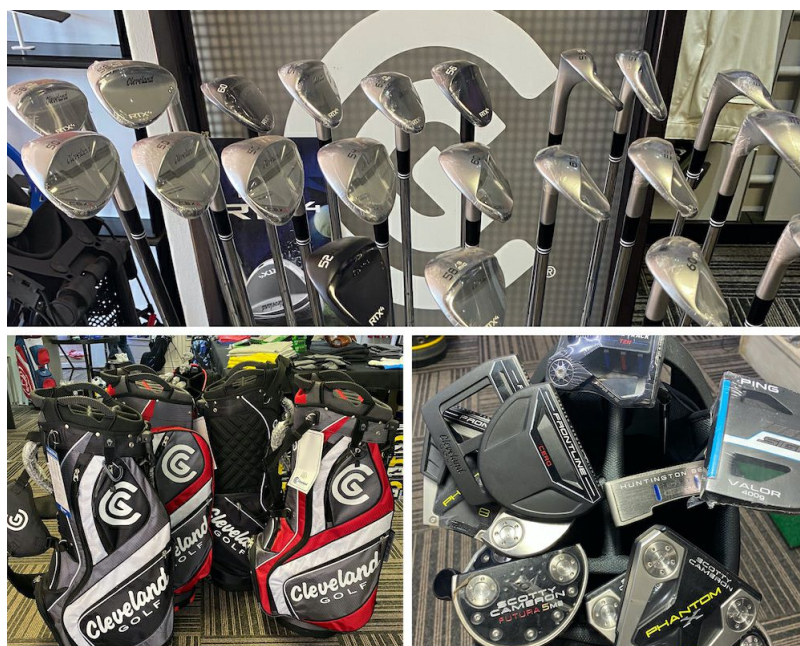
**Refs:** Name and Cart Voucher

You will still need to pre-book your golf cart, as they will be available on a first-come-first serve basis!

## Golf Shop Sale...

### Golf bag, putter and wedge deal

Buy a new golf bag, putter OR wedge, and we will give you your **full purchase amount back** in free rounds or free cart rounds, e.g. purchase a golf bag for R2000 and you will receive 9 golf rounds for free, or 7 cart rounds.



[Purchase yours >](#)

### Look good, feel good, play even better

You've been working on your swing, now it's time to work on your style. You can get your hands on **any four** selected golf shirts for only **R1000**.



[I want one >](#)

## Find your perfect soulmate

Walk the course with ease with **30% off** golf shoes.



[Purchase yours today >](#)

## Titleist Pro VI Golf Balls

Your best game starts with the right golf ball. Purchase a **dozen Titleist Pro VI Golf Balls**, and you will get a free Zwartkop Leather Glove valued at **R299**.



[I need them >](#)

## Looking for a new set of irons?

*The deal of a lifetime*

Purchase a set of **Srixon**, **Callaway** or **Cleveland Irons**, and we will give you a 1-Year Membership, including Handicap and Affiliation Fee, free. Please note that this is to be used for a **new member only**. We'll also throw in a **free golf lesson** with one of our PGA Professionals.





[I want them >](#)

## Oakley or Maui Jim Sunglasses

Buy a pair of sunglasses, and you will get a golf shop voucher valued at **50% of the purchase price**.



[Grab yours now >](#)



[Calendar >](#)



[Bookings >](#)



## Golf is good for your child. Golf time is family time.

Children develop better when their family environment is supportive and positive. Golf gives families an opportunity like few other sports to spend several hours together. This gives you the time and space to provide your child with positive feedback.



*By spending quality time with your child on the golf course, you're strengthening your relationship while creating a safe space in which they're free to learn, have fun and develop, both mentally and physically.*



### 10 reasons why

Golf offers many more benefits for your child. We've highlighted ten of the best here.

[Learn more >](#)

### Immediate AND lifelong benefits

Fun and outdoor exercise are aspects of golf your child will enjoy immediately while the variety of physical and mental challenges will benefit their long-term development. Enrich their childhood.

[Ask us about junior golf >](#)

You're going to need spin



*Next time you're back on a golf course, decide to experience better. Now we know what a privilege every moment, every step, every shot, is out on the course, let's enjoy that time to the fullest.*



The Srixon Z-STAR offers spin, a lot more spin when you want it.

[Watch video >](#)

**Limber for longer.**

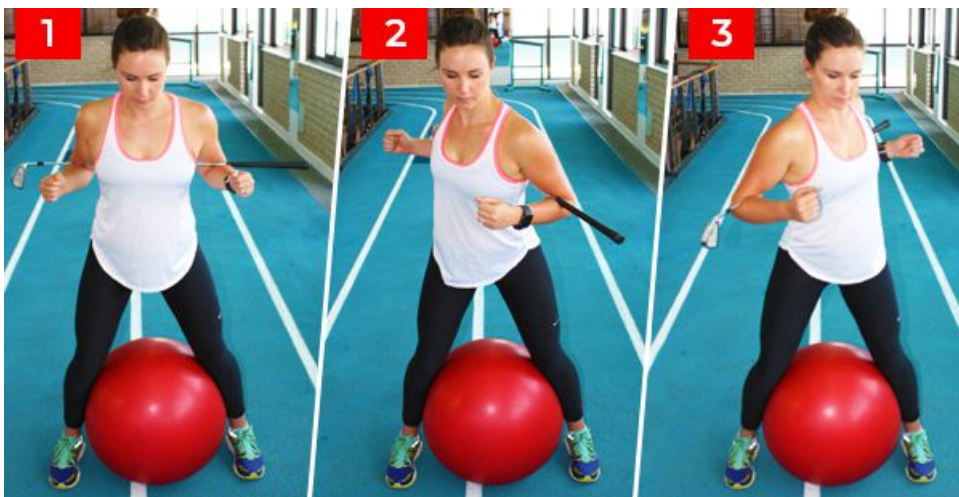
*How's the separation in your swing?*

Full range of motion gives us the ability to 'separate' the upper body and hips during the golf swing. That enables a full shoulder turn with enough rotation in the hips. This will help you hit longer golf shots. But as we age, we can lose the ability to rotate fully at all, never mind make this separation.



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This exercise is a great way to improve your ability to create that separation and strengthen your upper body rotation.



Squeeze an exercise ball between your legs as you rotate slowly side to side with your arms hooked around an iron. You can also do this exercise without an exercise ball, just make sure your knees aren't collapsing inward.



*If you're unsure whether you're able to do this exercise, please ask a fitness professional first.*



## Distance is a package deal

We're here to help you hit it longer. That means everything from club fitting to swing coaching to golf fitness.

Whatever aspect of your golf game you'd like to ask us about, please come chat with us. We could also,

**Start a conversation >**



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