



A round of golf at Zwartkop should consist of the following:

- 13 Drives
- 5 Par 3 tee-shots
- 3 Second shots
- 31 Long shots

All the rest of your shots will be shorter shots played with your wedges and putter.

If you have 33 putts and you are a 15-handicap, you will have approximately 22 pitch, chip or bunker shots, so the most important clubs in your bag are:

- #1 – Putter
- #2 - Wedges
- #3 - Driver

If you drive, chip and putt well, you will be a hard person to beat! With that in mind, if you need help getting your game back into gear, give Elsabe a call!

Get your golf in gear

Whether it's an individual or group class, a one-off lesson or a package, chat to Elsabe about your options on **082-922-8408**. The new Regulations and your health and safety are taken into consideration with every lesson.

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



Junior Group Lessons



Call
Elsabe
082-922-8408
elsabe@zwartkopcc.co.za

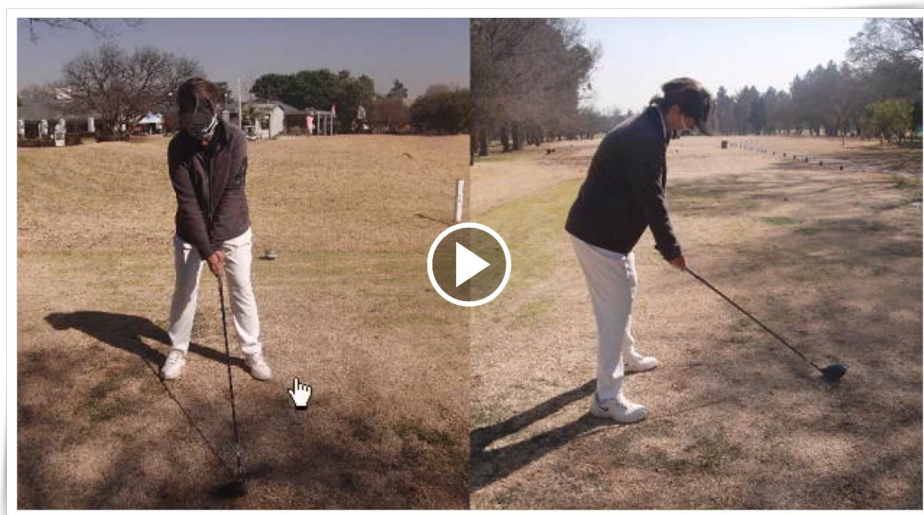
1 hour / week in public school terms
Classes grouped according to ages &
8 kids max / PGA Coach
Our juniors get:
*FREE golf membership
*FREE golf after 16h00
*Free Range Balls after 16h00
*Free use of the Mashie Course
*Fun Junior four-balls on a Sat afternoon

**GOLF the
Game of a
lifetime!**



Let us help you play better golf

This week Elsabe gives you some tips to **find the fairway** off the 10th tee.



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.



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*

Vouchers are available from the Golf Shop. Just remember that you will still need to pre-book your golf cart, as they will be available on a first-come-first serve basis!

New Golf Shop Specials

Titleist Pro V1 / Pro V1X / AVX - R660

Looking to improve your game? Whether it's more distance off the tee or to shoot lower scores, we have Titleist Pro V1, V1X and AVX Golf Balls on special to help you to play your best game. Limited stock available, so be sure to get yours before they are gone.



[Reserve yours now >](#)

New range of Scotty Cameron Putters

Just arrived! Say hello to the Scotty Cameron Special Select 2020 Putters. Individually designed and milled, these Special Select Models may be just what you need to enhance your performance and playability. Not to mention the beautiful sound and soft feel as the ball lands in the hole.

Best of all, you can get a dozen Titleist Golf Balls for free with your purchase.



Get yours today >

All Wedges in stock – less 20%

Cleveland, Vokey, Callaway and Cobra available

Swing by the Pro Shop to find the right wedge to help you lower your scores and have a better playing experience.



I want one >

Nike Golf Shirts - Less 30%

Where comfort meets style, *just do it* with Nike. With a range of colours and sizes in store, come by the Golf Shop to find your favourite golf shirt to get your groove back on the course.



[Reserve yours now >](#)

Under Armour Shirts / Caps / Slacks & Socks - Less 25%

It's time to upgrade your golfing attire! And we've got just what you need to play the game in comfort and style.
Make the most of our special on Under Armour Shirts, Caps, Slacks and Socks!



[Get yours today >](#)

Callaway Mitts – R699

Expertly crafted from 100% acrylic yarn and featuring soft screen technology, you can keep your hands warm for those early winter tee times.



I want one >



Calendar >



Bookings >

Golf is good for your child. A game that gives them so much more.

Children today have so many ways NOT to go outside. Whether it's TVs, PCs, tablets or smartphones; a digital world of instant streaming and gaming options is there to keep them indoors. Golf offers your child the fun of gaming with the added benefits of exercise and fresh air in a safe environment.



Develop their ABCs

Golf helps to develop your child's Agility, Balance, Co-ordination and Speed. What movement experts call 'physical literacy'. Golf also has a much lower injury risk than other sports.



10 reasons why

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

[Learn more >](#)

Let them enjoy everything golf has to offer

Whether it's the immediate benefits like fun, outdoor exercise and family time or long-term benefits like physical and mental development, golf has so much to offer your child. Give them the chance to experience it all.

[Ask us about junior golf](#)

The core of our argument



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 gives you distance and feel. Here's how.

[Watch video >](#)

Limber for longer.

Counteract the distance dip.

The rotational capacity of your hips, back, and shoulders affects how much torque you can produce during your golf swing. And this affects how far you can hit the ball. As we age, these areas tend to stiffen up. But with the right stretches and exercises, we can help reduce the distance dip that comes with age.



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



Here are two great exercises to stretch out your hamstrings and loosen up your hips, back, and shoulders.

[Read more >](#)



A stronger core is just as important as flexibility for a consistent golf swing. Here are a bunch of exercises to help you strengthen your core.

[Read more >](#)

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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