



## Swing Fit Media Release

### Think golf; think Lycra!

Skirts below the knee? Nope.

Long socks? You're kidding!

Checks and plaid shirts? Forget about it!

Girls, we are talking leggings, lycra and active-wear.

We're talking your chance to try a sport you've always wanted to, but never found the right environment in which to do it.

The new era of golf has arrived – and it's called Swing Fit!

Still not convinced?

Swing Fit is neither time consuming (you can do it in **75 minutes**), nor expensive (it costs just **\$20** a session).

And we know you've wanted to try golf – 1.3 million of you across Australia said so – it's just that now we've made it the way you always wanted it.

It's as much about fitness and socialising as it is learning golf.

The core outcomes of Swing Fit are:

- Health and conditioning
- Wellbeing and social
- Skill acquisition (learning to swing and putt)
- All in a welcoming and fun environment

The **(XXXXX Golf Club or facility)** is giving local women the chance to get fit, healthy and try a sport you can play for life, all while making new friends.

**(XXXXX Golf Club or facility)** will be hosting a Come and Try Swing Fit session on **(insert details)** before commencing it's **(X)** week program on **(Insert details)**

If you want to get going, visit [www.swingfit.com.au](http://www.swingfit.com.au) to learn more about the program and to register (search **(insert facility postcode)**).

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**(Insert Club Contact)**