**Get into the swing of golf!**

Forget the staid stereotype of a golfer – Swing Fit is here to change that.

Swing Fit is Australia’s new national program to encourage female golf participation. Run at golf clubs and facilities around the country, Swing Fit provides a fun, healthy and social way for women to get started in golf.

Typically delivered over six weeks, you’ll learn the basics of golf in a social and interactive way, whilst getting your whole body moving through conditioning and movement exercises including yoga and Pilates. You’ll also learn how to swing and move your body like a golfer, hit the ball and sink those putts!

Each Swing Fit session has 6-10 participants, all activities are designed to be completed in pairs and the approach includes a lot of games, so you'll learn without even realising – and no doubt have some laughs along the way!

Either get a group of friends together or turn up on your own. Either way, you’ll be surrounded by like-minded people and receive constant support throughout the six 75-minute sessions, each of which costs only $20.

The program is a cost-effective first step for women to get into golf, regardless of fitness level and experience. You’ll develop skills, knowledge and confidence and feel empowered to take your golf to the next level.

The program has been designed based on research by Golf Australia (with support from the Australian Sports Commission) into what women want from an introductory golf program – to learn in a fun, social and welcoming environment in sessions that include a health and fitness component and last no more than 75 minutes.

You don’t need any golf knowledge or equipment, simply turn up in active wear and get started.

So get outdoors, meet new friends and learn a sport you can play for the rest of your life!

To discover more about Swing Fit and register at [insert name of club or facility], visit [www.swingfit.com.au](http://www.swingfit.com.au).

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For further information, please contact:

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*\*Swing Fit images are available from Golf Australia. Please call 03 9626 5000*