

# SWING FIT



GolfAustralia

## Swing Fit at 2018 ISPS Handa Women's Australian Open



## Swing Fit for mums

Alongside Saturday's MyGolf clinic, nine mums of MyGolf participants enjoyed a Swing Fit class at the 2018 ISPS Handa Women's Australian Open. Apart from watching their children play, this was the first time they had experienced golf.



*Left: Mums and kids after their MyGolf and Swing Fit sessions.*



*Right: Mums against the kids competition*

## Swing Fit for mums

*Do you currently run MyGolf program? If so, you have a great opportunity. Hopefully your MyGolf participants' mums already feel comfortable at your venue and know some other mums. Why not get them into golf through Swing Fit whilst their kids do the same through MyGolf?!*

## Swing Fit come-and-try

Two come-and-try Swing Fit sessions, open to the public, ran over the weekend of the 2018 ISPS Handa Women's Australian Open. 14 women signed up to these sessions, which were delivered by Susie Mathews, of Kooyonga GC.



*"I attended the come-and-try session on Saturday and just wanted to let you know how much fun I had! I will be keen to hear about other upcoming courses. Thanks so much for today." - Lisa Oliver*



## Swing Fit come-and-try

*Come-and-try sessions are a great way to enable local women to 'try before they buy'. Do you currently offer this opportunity? Some centres run free come-and-try sessions, whilst others charge between \$10 - \$20. It is a great way to tee off your new term programs!*