

## Play Golf

Now that you have learnt the basics of the game, you probably want to head out onto the golf course with some friends and start playing a few holes. If you don't have equipment you can hire some at the club until you have your own. Afternoons at most golf clubs are usually quieter with fewer people on the course providing a good opportunity to head out for a few holes.

### Hagley Golf Club

Those of us lucky to be living or working close to the centre of the city are just minutes away from a game of golf at the Hagley Golf Club. Visitors are always welcome and should phone the shop on 379-8279 to book a tee time. Car parking is available in the Gardens Car park, a short walk from the clubhouse.

Location: Hagley Park, Christchurch  
Cost: \$15 for 12 holes  
\$25 for 18 holes  
\$60 for a four-round concession card

For more information, visit the website at [www.hagleygc.org.nz](http://www.hagleygc.org.nz) or phone 379-8279.

### McLeans Island Golf Club

Set in the countryside, yet close to town, McLeans Island Golf Club is located opposite Orana Wildlife Park in the McLeans Island Recreational Reserve. Casual golfers are welcome and should phone the shop on 359-9768 to book a tee time.

Location: 800 McLeans Island Road, Mcleans Island, Christchurch  
Cost: \$35 for 18 holes  
\$20 for 9 holes  
\$150 for a 10-round concession card

For more information, visit the website at [www.mcleansislandgolf.co.nz](http://www.mcleansislandgolf.co.nz) or phone 359-9768.

### Get on the Green

Check out the Get on the Green website [www.getonthegreen.lovegolf.co.nz](http://www.getonthegreen.lovegolf.co.nz) for the latest green fee promotions. Vouchers for green fee deals can be purchased online and are a great way to experience golf at different golf courses around the region. Deals are available the first Thursday – Sunday every month.

# Get into Golf



## **Improve your Fitness by Playing Golf**

Golf is a game that can appeal to people of all age groups and is a great way to meet new people and enjoy the outdoors. The opportunity to improve your fitness is another great reason to play golf. The health benefits of golf are far greater and have a much broader impact on our wellbeing than most people realise.

Some of the benefits of playing golf are:

- Burns calories
- Keeps your heart rate up
- Improves hand-eye coordination
- Reduces stress
- Low risk of injury

Australian magazine, Inside Golf, conducted a study of over 1,000 Australian golfers that found walking 18 holes equates to a total distance of just under 9km. Playing 18 holes burns around 1,000 calories in around four hours, plus additional calories used to swing the club and push a buggy.

Walking 9 holes while carrying a bag or pushing a cart burns about 720 calories on average, according to a report from Rose Medical Centre in Denver (USA). The same study found golfers who walk for nine holes without carrying their bags burn an average of 613 calories. Players who ride in carts burn an average of 411 calories playing just nine holes.

## **Beginner to Golfer**

If you're new to the game or thinking about playing, getting started can seem a little daunting – but it doesn't have to be. There is a pathway through from your first lessons to playing and then thinking about joining a golf club which you can take at your own pace.

### **Introductory Coaching Clinics**

Come along to the introductory coaching clinics held every Thursday and Friday morning from 9:15am on the practice range at the Christchurch Golf Club. These are open clinics meaning you don't have to register, just come along when you are able to attend and pay on the day. Each session runs for around 40 minutes and covers the basic skills to get you started in golf. PGA Coach, Jason Tilley, runs the sessions and can provide equipment if you don't have your own clubs.

When: Thursdays and Fridays at 9:15am  
Where: Christchurch Golf Club Practice Range  
45 Horseshoe Lake Rd, Shirley, Christchurch  
Equipment: Clubs can be provided  
Cost: \$10 per session – pay on the day

For more information or additional coaching options, visit the website at [www.jtgolf.co.nz](http://www.jtgolf.co.nz) or contact Jason at [Jason@jtgolf.co.nz](mailto:Jason@jtgolf.co.nz) or 027 575-9900.

### **Learn to Play Program with Membership**

The Learn to Play Program at the Russley Golf Learning Centre has been developed to guide you step by step through the basics of learning the game to a point where you feel confident stepping out on the course for a game. Learn to Play combines a quality 10-week coaching program run by a PGA Coach with a 3-month membership at the Russley Golf Club.

When: Flexible lesson times available to fit your schedule  
Where: Russley Golf Learning Centre  
428 Memorial Ave, Burnside, Christchurch  
Equipment: Provided for the lessons  
Cost: \$550 - private lesson program with 3-month membership  
\$450 - group lesson program with 3-month membership

For more information or additional coaching options, visit the website at [www.russleygolflearningcentre.com](http://www.russleygolflearningcentre.com) or phone 358-4612.