

# Lessons are essential for those learning how to golf

By LISA CARTWRIGHT  
Features

For those who have never swung a golf club before, lessons — whether private, through a clinic or through a camp — are the easiest and best way to learn how.

"Lessons are essential," said Josh Cooper, director of Par Golf Camps. Without them, people "will be frustrated and will work on their bad habits."

Ross Cowan, franchise owner of Dynamic Golf Centre-Markham agreed.

"If people are picking up the game, it is important to get lessons earlier on ... before develop(ing) bad habits."

Depending on the client's wants and needs, there are different ways to learn how to properly stand while golfing and how to grip and swing a golf club.

The client can take a series of private, half hour

lessons with a professional golfer.

The professional will tell the client how to swing a club and then watch to make sure he is doing it correctly. Because it is a private lesson, the professional doesn't have to split his attention and the client gets a more thorough lesson, said Cowan. The

client is then encouraged to practice what he has learned prior to his next lesson.

And that is the problem with private lessons, said Cooper.

The professional only has a few minutes to watch the client practice what he has been taught. After the professional leaves, the client is practicing on his own. (And may be practicing wrong), said Cooper.

## Camps

Before joining a camp, it is important to make sure the professional will take the client out on the golf course, said Cooper.

"If you don't go on a course it ends up being a long clinic."

Professionals will take groups of up to four people out on the golf course and watch each of them practice, said Cooper.

"Camps are a more intense program."

## Clinics

Groups of four to 20 people (of the same level) join clinics to learn skills that will enable them to play or improve their game of golf.

"People are taught as a group and corrected on an individual basis," said Cowan.

And because there are so many people in a group, lessons are cheaper.

"You trade off reduced costs with less time with the professional," said Cowan.



To avoid frustrations, take lessons before heading out to the golf course for the first time.

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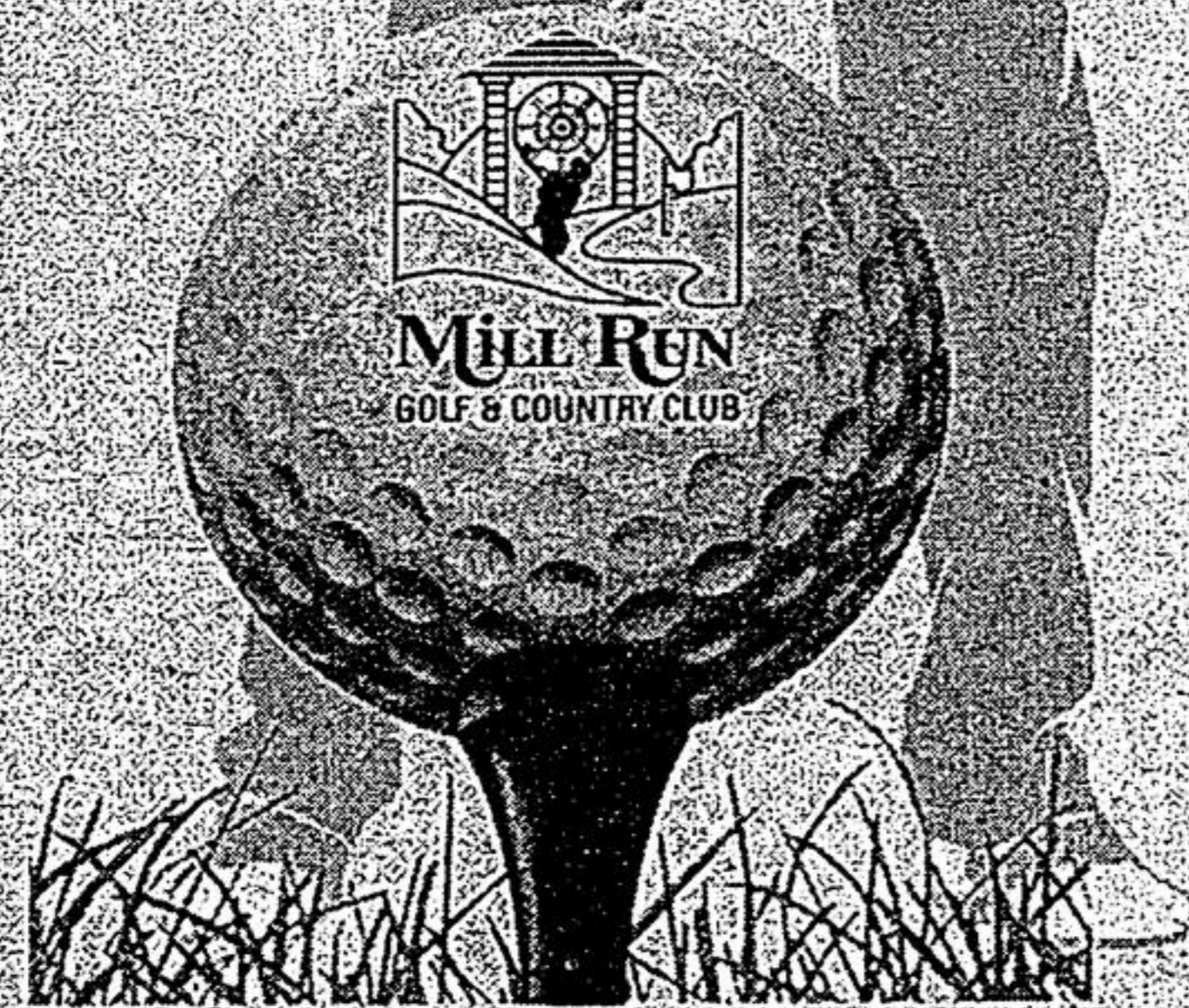
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