



Jane Frost Golf Performance Center

Go Slow to Learn Fast

The Jane Frost Golf Performance Center at Sandwich Hollows Golf Club is holding a full summer of youth and adult programs!



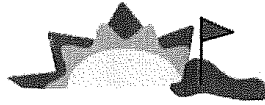
Adult Programs:

Adult Tune- Up Clinic
Golfer 101 Adult Coaching

Youth Program Ages:

4-5
6-9
10-12
13-16

Click here for more
details on dates
and pricing!



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Adult Tune-Up Clinics with Cindy Johnson

These 90 minute clinics are for those who have taken either our Golfer 101 Program or for those who have had previous golfing experience and would like to fine tune certain aspects of their game. All Clinics are Co-Ed.

COST: \$30.00 PER CLASS

Enrollment is limited to a maximum of 8 students.

Payment Policy: Payment is required at time of clinic selection and sign-up

Refund Policy: *With at least 14 days: 100% Refund*
With 7-14 days: 50% Refund
With less than 7 days notice: NO refund unless we can fill the spot

Rain Policy: Should the class be cancelled due to inclement weather then you may sign up for another class or receive a full refund.

Topics: Driving
Crisp Iron Shots
Fairway Woods and Hybrids
Putting and Chipping
Pitching and Bunkers

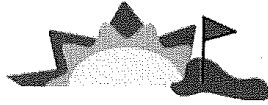
2017 Schedule on Other Side

Sandwich Hollows Golf Club

1 Round Hill Rd.

E. Sandwich, MA 02537

www.JaneFrostGolf.com
Email: Cindy@JaneFrostGolf.com
Cindy Johnson Mobile: (413) 374-3142



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THURSDAYS FROM 4:00 – 5:30

CLASS	TOPIC	DATE
TUP-1	Driving	May 25
TUP-2	Crisp Iron Shots	June 1
TUP-3	Fairway Woods & Hybrids	June 8
TUP-4	Putting & Chipping	June 15
TUP-5	Pitching & Bunkers	June 22
TUP-6	Driving	June 29
TUP-7	Crisp Iron Shots	July 6
TUP-8	Fairway Woods & Hybrids	July 13
TUP-9	Putting & Chipping	July 20
TUP-10	Pitching & Bunkers	July 27
TUP-11	Driving	July 27
TUP-12	Crisp Iron Shots	August 3
TUP-13	Fairway Woods & Hybrids	August 10
TUP-14	Putting & Chipping	August 17
TUP-15	Pitching & Bunkers	August 24
TUP-16	Driving	August 31

SATURDAYS FROM 9:00 – 10:30

CLASS	TOPIC	DATE
TUP-17	Pitching & Bunkers	June 10
TUP-18	Putting & Chipping	June 17
TUP-19	Driving	June 24
TUP-20	Crisp Iron Shots	July 1
TUP-21	Fairway Woods & Hybrid	July 8
TUP-22	Pitching & Bunkers	July 15
TUP-23	Putting & Chipping	July 22
TUP-24	Driving	August 12
TUP-25	Crisp Iron Shots	August 19
TUP-26	Fairway Woods & Hybrids	August 26
TUP-27	Pitching & Bunkers	September 2
TUP-28	Putting & Chipping	September 16
TUP-29	Driving	September 23
TUP-30	Crisp Iron Shots	September 30

Sandwich Hollows Golf Club

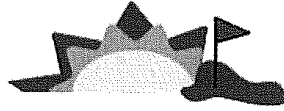
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Golfer 101 Adult Coaching Program

This program is for NEW GOLFERS who have never played or have never had instruction. The Golfer 101 Program offers comprehensive sessions that take you from your first swing right on out to the golf course...in only two weeks! Your Coach for this program is Golf Professional **Cindy Johnson**. All classes are Co-Ed.

WHAT'S INCLUDED:

All equipment: If you have your own clubs great...bring them with you. Otherwise...**PLEASE** wait for our professional expertise on the purchasing of clubs PLUS a discount!

4.5 hours of hands-on swinging instruction: Putting/ Chipping/ Pitching/ Bunker/ Full Swing

90-Minute Rules and Etiquette Class

Two-Hour Golf Course Experience

IN ADDITION: Graduation Certificate
Welcome Kit
Coupon for \$20 worth of practice balls
JFGPC ID Card for Green Fee Discount

Tuition: \$210.00

Enrollment is limited to a maximum of **8 students**. Classes fill quickly. Sign-up today!

Payment Policy: Payment is required at time of class selection and sign-up.

*Refund Policy: With at least 14 days: 100% Refund
With 7-14 days: 50% Refund
With less than 7 days notice: NO refund unless we can fill the spot*

Make-ups: Only officially postponed classes will be made up. Please be sure you can attend all the classes before you sign-up.

*In the event of inclement weather, Please call Cindy Johnson **one hour** prior to your class for postponement info. You may reach her at: 413-374-3142.*

Sandwich Hollows Golf Club

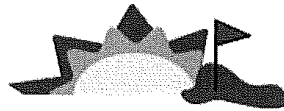
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GOLFER 101 SCHEDULE

Groups meet on Tuesday, Wednesday and Thursday Evenings

CJ-1

May 23,24,25 6:00 – 7:30 pm
 May 30 6:00 – 7:30 pm
 May 31 6:00 – 8:00 pm
 June 1 6:00 pm Rain Date

CJ-2

June 6,7,8 6:00 – 7:30 pm
 June 13 6:00 – 7:30 pm
 June 14 6:00 – 8:00 pm
 June 15 6:00 pm Rain Date

CJ-3

June 20,21,22 6:00 – 7:30 pm
 June 27 6:00 – 7:30 pm
 June 28 6:00 – 8:00 pm
 June 29 6:00 pm Rain Date

CJ-4

July 11,12,13 6:00 – 7:30 pm
 July 18 6:00 – 7:30 pm
 July 19 6:00 – 8:00 pm
 July 20 6:00 pm Rain Date

CJ-5

July 25,26,27 6:00 – 7:30 pm
 August 1 6:00 – 7:30 pm
 August 2 6:00 – 8:00 pm
 August 3 6:00 pm Rain Date

CJ-6

August 8,9,10 6:00 – 7:30 pm
 August 15 6:00 – 7:30
 August 16 6:00 – 8:00 pm
 August 17 6:00 – 8:00 pm Rain Date

CJ-7

August 22,23,24 6:00 – 7:30 pm
 August 29 5:30 – 7:00 pm
 August 30 5:30 – 7:30 pm
 August 31 5:30 pm Rain Date

CJ-8

September 5,6,7 5:30 – 7:00 pm
 September 12 5:30 – 7:00 pm
 September 13 5:30 – 7:30 pm
 September 14 5:30 pm Rain Date

MW-9

September 19,20,21 5:00 – 6:30 pm
 September 26 5:00 – 6:30 pm
 September 27 4:30 – 6:30 pm
 September 28 4:30 pm Rain Date

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Youth Programs

Ages 13-16

No experience? Some Experience? Start your children **NOW** with the great game of golf. This is a fun and innovative program with lots of activities that will help your child fall in love with the game of golf and improve their skills while also working on life skills such as fitness.

The Coach for this program is Golf Professional Cindy Johnson, who is a U.S. Kids Certified Instructor.

Class Details

Each Session meets Tuesday; Wednesday; Thursday – Rain Date of Friday

Each Class is 1 Hour in Length from 1:30 – 2:30

All Equipment and Materials are Included

Token Gifts

Discount on any Equipment Purchased from the Performance Center

Tuition: \$67.50 for the 3 Hours

Enrollment is limited to a maximum of **8 students**. Classes fill quickly. Sign-up today!

PLEASE NOTE: WE STRONGLY ENCOURAGE A PARENT OR OTHER FAMILY MEMBER TO STAY AND OBSERVE THE CLASS AND BE A PART OF THE LEARNING ENVIRONMENT. COMFORTABLE CHAIRS PROVIDED!

Payment Policy: Payment is required at time of class selection and sign-up.

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Youth Program Schedule

Ages 13-16

Each Session Meets on Tuesdays; Wednesdays & Thursdays from 1:30 - 2:30
(Rain Date is Friday from 1:30-2:30)

2017 Sessions

PW - 1	June 27; 28; 29
PW - 2	July 5; 6; 7 (Please Note: Due to July 4 th the Class is Wed / Thursday / Fri)
PW - 3	July 11; 12; 13
PW - 4	July 18; 19; 20
PW - 5	July 25; 26; 27
PW - 6	August 1; 2; 3
PW - 7	August 8; 9; 10
PW - 8	August 15; 16; 17
PW - 9	August 22; 23; 24
PW - 10	August 29; 30; 31

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Youth Programs

Ages 10-12

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The Coach for this program is Golf Professional **Cindy Johnson**, who is a U.S. Kids Certified Instructor.

Class Details

Each Session meets Tuesday; Wednesday; Thursday – Rain Date of Friday

Each Class is 1 Hour in Length from 11:00 – 12:00

All Equipment and Materials are Included

Token Gifts

Discount on any Equipment Purchased from the Performance Center

Tuition: \$67.50 for the 3 Hours

Enrollment is limited to a maximum of **8 students**. Classes fill quickly. **Sign-up today!**

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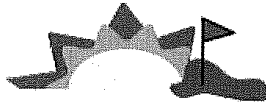
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Youth Program Schedule

Ages 10-12

Each Session Meets on Tuesdays; Wednesdays & Thursdays from 11:00 - 12:00
(Rain Date is Friday from 11-12)

2017 Sessions

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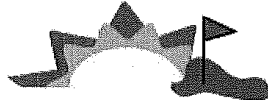
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Youth Programs

Ages 6-9

No experience? Some Experience? Start your children **NOW** with the great game of golf. This is a fun and innovative program with lots of activities that will help your child fall in love with the game of golf and improve their skills while also working on life skills such as fitness.

The Coach for this program is Golf Professional Cindy Johnson, who is a U.S. Kids Certified Instructor.

Class Details

Each Session meets Tuesday; Wednesday; Thursday – Rain Date of Friday

Each Class is 1 Hour in Length from 9:45 – 10:45

All Equipment and Materials are Included

Token Gifts

Discount on any Equipment Purchased from the Performance Center

Tuition: \$67.50 for the 3 Hours

Enrollment is limited to a maximum of **8 students**. Classes fill quickly. Sign-up today!

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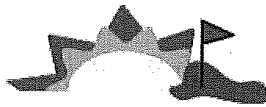
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Youth Program Schedule

Ages 6-9

**Each Session Meets on Tuesdays; Wednesdays & Thursdays from 9:45 - 10:45
(Rain Date is Friday from 9:45 - 10:45)**

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PW - 9	August 22; 23; 24
PW - 10	August 29; 30; 31

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Pee Wee Youth Programs

Ages 4-5

Start your children **NOW** with a new and innovative program that is based on the learning styles and motor patterns of very young children. Children are NOT miniature adults. They need a special program like this that fits their needs. The emphasis will be on fun activities that will help your child fall in love with the game of golf while also working on life skills such as fitness.

The Coach for this program is Golf Professional **Cindy Johnson**, who is a U.S. Kids Certified Instructor.

Class Details

Each Session meets Tuesday; Wednesday; Thursday – Rain Date of Friday

Each Class is 1 Hour in Length from 8:30 – 9:30

All Equipment and Materials are Included

Token Gifts

Discount on any Equipment Purchased from the Performance Center

Tuition: \$67.50 for the 3 Hours

Enrollment is limited to a maximum of **8 students**. Classes fill quickly. Sign-up today!

PLEASE NOTE: THIS IS AN INTERACTIVE PROGRAM FOR BOTH CHILD AND PARENT OR OTHER FAMILY MEMBER. ONE ADULT MUST STAY AND PARTICIPATE WITH THE CHILD FOR THE HOUR LONG PROGRAM.

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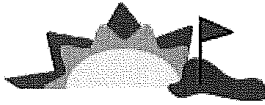
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Pee Wee Youth Program Schedule

Ages 4-5

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(Rain Date is Friday from 8:30 – 9:30)

2017 Sessions

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GOLF IS THE GAME OF A LIFETIME...GET YOUR CHILD STARTED TODAY!

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