

Craigengower Cricket Club

From the perspective of sports science, golf includes muscle strength and muscle burst, flexibility, coordination, balance and other physical fitness elements. Incorrect swing moves may lead to injury or chronic injuries consequently affects exercise performance.

Want to know more about golf fitness, golf rules, attitude and skills ? This golf fun day, in addition to knowing common incorrect swing moves and postures, you will also understand the importance of physical fitness elements for golf, so as to reduce the chance of injury.

Please sign up for our “Golf Fun Day” now.

Date : 27 August 2022 (Saturday)

Time : 3pm -5:30pm

3 pm ~3:30pm. Warm up session by Dr. Justin Lee

3:30pm ~ 4:30pm Golf etiquette and rules

4:30pm ~5:30pm Golf clinic at driving range

Venue : CCC Leighton Room & Golf Driving Range

Coach : HKPGA certified coaches Betty and Danny, and Physical Fitness Dr. Lee

Capacity : max. 30 persons

Fee : \$ 50 / person

Enrollments / Enquiries : 2837 1811

Closing Date : 31 July 2022 (Sunday)

