



# Alistair Cardwell PGA Professional Foxbridge Golf Club

## Golf Lessons

Whatever your golfing ability, all one to one golf lessons are geared towards making real improvements to your game. You may be looking for a series of lessons to overhaul your game or a one off session to improve just one particular element. Whatever you are looking for, Alistair Cardwell can give you the tools and knowledge to make some real progress.

- **The Golf Swing**

Golf swing lessons are usually the starting point for all coaching. Whether you are a complete beginner or an experienced player it is always good to have an understanding of the fundamentals of grip, stance and swing. During golf swing lessons various tools such as V1 Video, The Explainer System and The Swing Simulator may be used.

- **Putting**
- **Pitching and Chipping**
- **Bunker shots**
- **Playing the course**

### Lesson Programs

Whilst a one off or occasional lesson may help you with a current problem, many golfers find that having regular lessons is the best way to get better. Why not have look at the current programs available or discuss your requirements with Alistair.

## Custom Fitting

**Custom Fitting** is another great way to improve your golf.

When it comes to golf clubs there is no such thing as “one size fits all.” As we are all a bit different, our height, strength and technique, so our golf equipment should be different.

If your clubs are not quite suited to you, you will struggle to hit the ball consistently as you try to make compensations.

On the other hand, if your clubs are made to measure, then not only do your shots get better, but your technique will improve as well.

Ask to have your clubs checked to ensure you are giving yourself the best chance to play your best.

Call **01403 753303** to book

Email [acardwell@msn.com](mailto:acardwell@msn.com)  
for more information

