

# Adult Learning - Course Information Sheet



## SUNP20 - Golf For Beginners

### Brampton Heath Golf Club

Brampton Heath Golf Club

Sandy Lane

Church Brampton

Northants

NN6 8AX

**Room** Brampton Heath Golf Club

Start Date: 07 January 2027

End Date: 18 March 2027

Start Time: 10:30AM

End Time: 12:00PM

Day: Thursday

Sessions: 10

Tutor: Mr Kieran Thomas

### What will I learn?

This friendly and supportive course is the perfect place to start learning golf. Over 10 weekly sessions, you'll develop the fundamental skills needed to enjoy golf, improve your technique, and gain the confidence to continue playing independently. You will develop the correct grip, stance and posture for golf, learn the fundamentals of the golf swing, practise putting, chipping and pitching techniques, gain confidence using different types of golf clubs, improve accuracy, control and consistency through practical activities, understand basic rules, scoring and golf etiquette, learn about safety on the driving range and golf course, develop coordination, balance and concentration and build confidence to practise independently and enjoy the game socially. By the end of the course, you should feel more confident in your ability to play golf and continue developing your skills.

### What will I need to take part?

No previous golf experience is required. Wear comfortable clothing suitable for outdoor activity and the weather conditions. Flat-soled trainers or golf shoes are recommended (no high heels or open-toed footwear). Bring a waterproof jacket and sun protection if required. A bottle of water is recommended. Golf clubs may be provided by the venue or tutor. If you already own clubs, you are welcome to bring them.

### What to expect

This is a practical, hands-on course delivered in a relaxed and supportive environment. Each 1.5 -hour session will include demonstrations from the tutor, guided practice, individual coaching and opportunities to develop your skills through a variety of fun activities and challenges. The tutor will provide feedback throughout the course to help you improve at your own pace. You will also have opportunities to ask questions, practise between sessions if you wish, and receive advice on how to continue your golfing journey. Tutors use Google Classroom to help make course resources available both during and between sessions. Please take advantage of joining your Classroom when invited to do so. For IT help please visit <https://learners.northantsadultlearning.ac.uk/it-tips>

### Where can it lead to?

Golf is a lifelong activity that can be enjoyed by people of all ages and abilities, offering opportunities to stay active, meet new people and enjoy the outdoors. After completing this course, you may wish to continue with our Golf for Improvers course, join a local golf club or driving range, practise independently to develop your skills, play socially with friends and family, take part in beginner competitions or club events, improve your physical fitness, coordination and overall wellbeing through regular golf, explore coaching sessions to further develop your game.

## SUNP20 - Golf For Beginners

### Course eligibility and fees

This adult learning course is available to residents of Northamptonshire who are:

- aged 19 or over on 31st August in the funding year
- resident in England, outside a devolved adult skills funding area.
- ordinarily resident in the UK on the first day of learning.

If you don't meet the above requirements, including some international students or people not ordinarily resident in the UK, you will not be able to attend this course.

Asylum seekers may be eligible to attend in some circumstances, including where they have lived in the UK for 6 months or longer while their claim is being considered, or where they receive certain types of local authority support.

Fees are payable on enrolment as published on the booking page.

If you are in receipt of certain benefits or in employment and earning below £25,750 a year, you may be eligible for reduced fees.

Under certain circumstances you may be asked to provide evidence of your identity, residency, prior qualifications and where relevant, benefits or income.

If you are not sure what support you are eligible for please phone our office between 10 -4 on weekdays 0300 303 1058 or email [adultlearning@northnorthants.gov.uk](mailto:adultlearning@northnorthants.gov.uk).

**Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>**