

Spring Newsletter



Naomi Nesenoff, PGA

www.shesmygolfpro.com

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Bring Family and Friends

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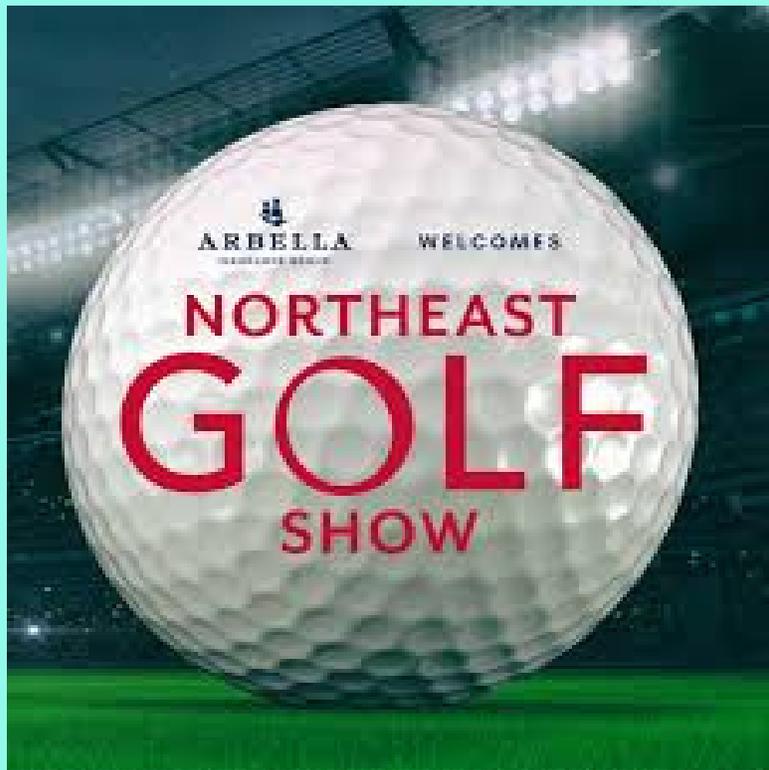
Connect

Women's Groups



She's My Golf Pro

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~ Guess How Many Tees Winner ~
The number of tees in the bowl was a whopping 1,538.
Heather Donnellan won with a guess of 1,540! Congrats Heather!





Clinic Series & Lessons

Women's Golf Clinic Series



Stage 1

**Best clinic for new and returning golfers!
Learn or relearn the game as we grow
your unique swing. Feel ready to go out
and play a round of golf by the end of the
clinic series with new friends!**

Stage 2

**Progress through weekly simplified
swing topics as well as learn course
management, the mental game,
reading greens, and even how to
correct your swing on your own on the
course!**



Stage 3

**Take your game to the next level!
Focus on swing dynamics and strategic
course management, two critical
components of lowering your scores
and building consistency. Learn
precision shots to become more
confident.**

* SPRING 2025



Women's Clinic Series

SUNDAYS 2 -> 3 PM - 4:30 PM 3 -> 11 AM - 12:30 PM	Stage 2 & 3 Clinic Series @ Shining Rock Golf Club (Northbridge, MA) May 4,11,18,25 June 1 (rain date June 8)
MONDAYS 5:45 PM - 7:15 PM	Stage 1 Clinic Series @ William J. Devine Golf Course (Dorchester, MA) April 28, May 5,12,19, June 2 (rain date June 9)
TUESDAYS 5:45 PM - 7:15 PM	Stage 3 Clinic Series @ Needham Golf Club (Needham, MA) April 29, May 6,13,20,27 (rain date June 3)
WEDNESDAYS 5:45 PM - 7:15 PM	Stage 1 Clinic Series @ Shining Rock Golf Club (Northbridge, MA) May 7,21,28, June 4,11 (rain date June 18)
THURSDAYS 5:45 PM - 7:15 PM	Stage 2 Clinic Series @ Needham Golf Club (Needham, MA) May 1,8,15,22,29 (rain date June 5)

Summer & Fall schedules change class times and/or locations due to time of year and to encourage progression.

Private & group instruction also available during non-scheduled times above with additional locations available.



Clinic Series

REGISTER for a Clinic Series -> [CLICK HERE](#)

Learn more about Stage 1/No Embarrassment -> [CLICK HERE](#)

Learn more about Stage 2 -> [CLICK HERE](#)

Learn more about Stage 3 -> [CLICK HERE](#)

Lessons

Sign up for Lessons -> [CLICK HERE](#)

Reach out to Naomi for additional private lesson options including other dates/locations like [Cassidy's Clubhouse](#) and [Golf365RI](#)

Available to ALL AGES, GENDERS & ABILITIES

naomi@shesmygolfpro.com

Shining Rock Golf Club Save the Dates



PRESENTS

Family Fun Day April 19

~ SAVE THE DATE ~

Golfers and non-golfers alike are welcomed
to join us for a this Fun Community Golf Event!



Upton/Northbridge, MA

- FREE Mini Golf!** Putters and balls available to use
- Play Golf!** Only \$20 for unlimited play at The Acorn Par 3!
- Learn from a Golf Pro!** Parent child clinics with Golf Pro Naomi!
- Practice!** Golf range available with golf clubs available to use



~ Lots of family fun games and prizes ~

El Gringos Taco Truck
with family friendly food and the
Beer Garden with libations!



Shining Rock Golf Club - The Acorn Par 3

145 Hartford Ave S, Upton MA (508) 234-0400

Registration only needed for the clinics. First come for other activities.



YOU ARE INVITED

WOMEN'S GOLF SEASON KICKOFF SOCIAL

SATURDAY, APRIL 26

- MEET OTHERS INTERESTED IN GOLF AND LEARNINGG
- HEAR ABOUT ALL THE WOMEN'S GOLF PROGRAMMING @ SRGC
- HAVE FUN WITH GAMES
- MEET YOUR GOLF PROS AND GET SOME GOLF TIPS
- PLAY GOLF - ONLY \$20 FOR UNLIMITED PLAY @ THE ACORN PAR 3

****WE WELCOME YOU TO BRING A FRIEND OR 2 OR 3****



NAOMI NEZENOFF, PGA
TEACHING PROFESSIONAL



VINCE FORTE, PGA
HEAD-GOLF PROFESSIONAL



HARRY ROSE, PGA
TEACHING PROFESSIONAL



**FREE EVENT
NO RSVP NEEDED**

SAVE *the* DATE

GOLF INSTRUCTION, FITNESS, YOGA, NUTRITION, MENTAL GAME AND MORE!

ALL ABILITIES WELCOME



WOMEN'S GOLF DAY



SHINING ROCK GOLF CLUB, NORTHBRIDGE, MA

NEW Ladies League

The Acom @
Shining Rock GC
Northbridge, MA

Sundays

5:45 PM

Par 3 - 9 Holes

Fun Formats



Start date tbd

Bonus Add-On Option
5 - 5:30 PM
Golf Clinic w/Naomi

Connect



Here are several groups (on Facebook as well as other social media platforms and websites) that foster positivity and encouragement for female golfers ->

- MA Women Fore Golf
- LPGA Amateur Association (various chapters)
[CLICK HERE](#) for website
- Women's New England Golf Connection
- Girls Gone Clubbin' -> [CLICK HERE](#) for website
- Worcester Massachusetts female friends over 50
- Women Who Golf
- Ladies Golf Beginners
- New England Golf and Grub
- Girlfriends Golf
- Beginner Golf for Women



Amateur Golf — association. —



Rhode Island Chapter

Spring Kick-Off Brunch

March 30 @ Cranston CC 11 AM - 2 PM

\$25 members/\$35 guests *Bring a friend!

Special Guest Speaker: Dr. Rich Goldberg, author of Better Golf Better Life - will share insights on the mental side of golf

Charity Tournament - July 19 @ Swansea CC

Season Opener - May 10 @ Crystal Lake

New England Cup - June 21 @ Agawam Hunt



South Coast - Newport Chapter

Spring Kickoff Luncheon

April 6 @ Bristol Elks Lodge 11 AM - 2 PM

\$55pp *Lunch included, golf clothing swap, 50/50 & raffles, meet & greet, members & friends welcome

Tuesday evening golf starts in June at Swansea



Boston Chapter

Spring Kickoff Already Past

July 26 @ George Wright - **Golf Clinic with Naomi**

August 23 @ Shaker Hills CC - **Golf Clinic with Naomi**



Greater Springfield Chapter



WWW.GOLF365RI.COM
85 BYFIELD ST, WARWICK



ESCAPE THE COLD OUTSIDE COME PLAY INSIDE! 9 & WINE LADIES NIGHT

Casual 9/18-hole scramble with Auto-Putt.
During the round, we'll explore the red and white
wines from the country or region of the golf course
we play!

European Wine to begin the Winter

MONDAYS 5:30PM - 7:30PM

DEC 30TH, JAN 13TH, 27TH,
FEB 10TH, 24TH, MAR 10TH, 24TH
AT GOLF365RI

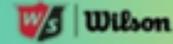
\$65 PER PLAYER WEEKLY (ANY 5 - \$300)
MAXIMUM OF 6 PLAYERS EACH NIGHT,
PREREGISTRATION IS REQUIRED

CALL/TEXT TO REGISTER
(401)-437-7560

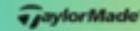


GOLF365RI
INVITES YOU TO THE

ULTIMATE PROFESSIONAL GOLF BALL FITTING



Titleist



Selecting the right ball is
essential for optimizing
performance on the course

\$50



Book your 45 - minute ball fitting, choose
from 4 popular brands where we measure
Ball & club speed, backspin, peak height,
Total distance & carry and together we will
determine which type of ball is best for you!



Book NOW - \$50



*When finished you will leave with a sleeve
of the ball we think will best suit your game*



**BOOK YOUR FITTING OR BUY A
GIFT CERTIFICATE FOR ONE.**
401-437-7560

PRIVATE APPOINTMENTS AVAILABLE

85 BYFIELD ST, WARWICK RI 02888
www.golf365ri.com



Kathy Ekdahl, CSCS, TPI L2

Strength & Conditioning Coach
www.personalbestpersonaltraining.com



Getting Golf Ready:
An Introduction to
Golf Fitness and Yoga for Golf