

## JUNIOR GOLF CLINIC (AGES 7 TO 16) - €189 \*

### Teaching Programme:

Brief seminar focused on swing models and concepts;  
Work on balance, motion and hand placement;  
Shot selection using the appropriate club;  
Basic rules and course etiquette;  
Long game tuition;  
Introduction to chipping, pitching, bunker.

### Inclusions:

1 hour x 5 days Golf Tuition with Penina PGA Professionals;  
One game on the Course with the course Pro;  
Unlimited Driving Range balls during the clinic;  
Free hand trolley & set of clubs;  
Certificate presentation at the Sir Henry Cotton Club.

#### DAY 1

Morning meeting and Golf Clinic briefing

Work on balance, motion and hand placement

Introduce the full swing

#### DAY 2

Recap of the first day

Introduction to the Long Game

Introduce basic rules and course etiquette

#### DAY 3

Recap of the second day

Long game work

Video analysis of students' form

Debriefing, including Q&A

#### DAY 4

Introduction to short game, including: chipping, pitching & bunker play

Long game work

#### DAY 5

Debrief and summary of tuition over the previous 5 days

One game on the Course with the Pro

Certificate presentation at the Sir Henry Cotton Club

\*4 person minimum, 8 maximum (For 1-3 persons €236)

### MEET OUR GOLF PROFESSIONAL

Our resident PGA Professional, José Lourenço is on-hand to provide expert knowledge and guidance to golfers of all skill levels. Our professional can provide private lessons and tailored tuition and clinics.

#### PRIVATE LESSONS (with José Lourenço)

30 minute Junior	€30,00
30 minute	€40,00
1 hour	€65,00

### JOSÉ LOURENÇO

With an extensive golf experience at Penina for over 50 years, he worked and learned with Sir Henry Cotton himself the best way to teach. Just a few have the level of knowledge, humbleness, and the pleasure of teaching well. He knows how to get the best from each player. The passion he has for Penina and for golf is contagious.



**GOLF ACADEMY**  
2024/2025

**Penina Hotel & Golf Resort**  
PO Box 146, Penina, 8501-952 Portimão  
Tel: +351 282 420 200  
penina-golf@jjwhotels.com | www.penina.com

## BEGINNERS GOLF CLINIC - €284\*

### Teaching Programme:

Brief seminar focused on swing models and concepts;  
Work on balance, motion and hand placement;  
Shot selection using the appropriate club;  
Basic rules and course etiquette;  
Long game tuition;  
Introduction to chipping, pitching, bunker shots and putting;  
Video analysis of the students' form.

### Inclusions:

1 hours x 5 days Golf Tuition with Penina PGA Professionals;  
One game on the Course with the Pro;  
Unlimited Driving range balls during the clinic;  
Free hand trolley & set of clubs;  
Certificate presentation at Sir Henry Cotton Club.

#### DAY 1

Morning meeting and Golf Clinic briefing

Work on balance, motion and hand placement

Introduce the full swing

#### DAY 2

Recap of the first day

Introduction to the long game

Introduce basic rules and course etiquette

#### DAY 3

Recap of the second day

Long game work

Video analysis of students' form

Debriefing, including Q&A

#### DAY 4

Introduction to short game, including: chipping, pitching & bunker play

Long game work

#### DAY 5

Debrief and summary of tuition over the previous 5 days

One game on the Course with the course Pro

Certificate presentation at the Sir Henry Cotton Club

**\*4 person minimum, 8 maximum (For 1-3persons €355)**

## 3 DAY ADVANCED PLAYERS GOLF CLINIC - €217\*

### Teaching Programme:

Short game, including: pitching, chipping, bunker play & putting;  
Long game;  
Video analysis of students' form;  
Competition day supervised by the course Pro.

### Inclusions:

1 hours x 3 days Golf Tuition with Penina PGA Professionals;  
Unlimited Driving range balls during the clinic;  
Free hand trolley & set of clubs;  
Reception at Sir Henry Cotton Club.

#### DAY 1

Morning meeting and Golf Clinic briefing

Golf Swing analysis

Long Game

#### DAY 2

Recap of the first day

Video analysis

Short game work, including: chipping, pitching & bunker play

#### DAY 3

Short game work: putting

Debrief and analysis of the 3 day course

Certificate presentation at the Sir Henry Cotton Club

**\*4 person minimum, 8 maximum (For 1-3persons €272)**

### CONDITIONS:

Rates apply between 1<sup>st</sup> November 2024 and 31<sup>st</sup> October 2025.

Reservations can be made according to the availability of Penina's professional team.

Rates are subject to change without prior notice.

Information stated within this guide may be altered without prior notice.

For information and reservations, please contact the golf shop. +351 282 420 223

## 5 DAY ADVANCED PLAYERS GOLF CLINIC - €293\*

### Teaching Programme:

Short game, including: pitching, chipping, bunker play & putting;  
Long game;  
Video analysis;  
Competition day supervised by the course Pro.

### Inclusions:

1 hours x 5 days Golf Tuition with Penina PGA Professionals;  
Unlimited Driving range balls during the clinic;  
Free hand trolley & set of clubs;  
Reception at the Sir Henry Cotton Club.

#### DAY 1

Morning meeting Golf Clinic briefing

Golf swing analysis

Long game work

#### DAY 2

Recap of the first day

Video analysis

#### DAY 3

Short game work, including: chipping, pitching & bunker play

Debriefing, including Q&A

#### DAY 4

Short game work: putting

Long game work

#### DAY 5

Debrief and summary of tuition over the previous 5 days

Certificate presentation at the Sir Henry Cotton Club

**\*4 person minimum, 8 maximum (For 1-3persons €366)**

**\* Prices per person and programme including VAT.**