

Get into Golf

at Bridport & West Dorset Golf Club

Did you know that a round of golf a week

- burns at least 900 calories
- takes more than 10,000 steps
- satisfies the NHS recommendation of 150 minutes exercise
- uses every muscle in the body (swinging the club)
- offers stress-busting time outdoors in natural light
- may reduce your risk of dementia and extend your life expectancy

Learn to play

- take a weekly starter course of 6 x 1 hour lessons
- at a time to suit you
- only £30 (£5 per lesson)

Join the club

- starter membership £100 for the first year + £10 per round
- playing membership from £37.50 per month

Come and see us on Burton Road (B3157 Coast Road), DT6 4PS

01308 421095 www.bridportgolfclub.co.uk