Ladies Get into Golf

Stocks Golf Club

APPENDIX 1

HOW MUCH SHOULD I PRACTICE AND WHERE?

To improve at golf, practice is essential.

How much you should do all depends on how much time you have available, however, much of what you learn in your lesson needs to be repeated many times in order to gain muscle memory and to make the action feel ‘natural’.

For someone new to golf, one of the best places to practice your long and shorter shots is at a driving range. There are several in the Herts/Bucks area, some of which are listed below:

**DRIVING RANGES**

Berkhamsted Golf Range, Spring Garden Ln, Berkhamsted HP4 3GY

<https://www.berkogolfrange.com/>

Aylesbury Golf Range, Hulcott Lane, Aylesbury HP22 5GA

A B Golf, Southfields Golf Range/Long Crendon Rd, Thame OX9 3SQ<https://www.adambishopgolf.co.uk/>

Redbourn Golf Club, Kinsbourne Green Ln, St Albans AL3 7QA

<https://www.redbourngolfclub.co.uk/>

There are also several 9 hole courses in the area. Playing a short course is a good way to get a feel for playing off grass and using your shots in ‘real life’. A few fairly local ones are listed here:

**9 HOLE COURSES**

Ivinghoe Golf Course, Leighton Buzzard LU7 9EF

<https://ivinghoegolfclub.co.uk/>

Chesham & Leyhill Golf Club, Ley Hill, Chesham HP5 1UZ

<http://www.cheshamgolf.co.uk/>

Aldenham Golf & Country Club, Church Ln, Aldenham, Radlett, Watford WD25 8NN

<https://aldenhamgolfclub.co.uk/>

Wheathampstead Golf Club, Harpenden Rd, St Albans AL4 8EZ

<http://www.wheathampstead.net/golf-course/>

Little Hay Golf Complex, Box Ln, Bovingdon HP3 0DT

<https://littlehaygolf.co.uk/>

Hedsor Golf Course, Broad Ln, Wooburn Green, High Wycombe HP10 0JW

[www.hedsorgolfcourse.co.uk](http://www.hedsorgolfcourse.co.uk)