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Wednesday, May 08, 2024

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Greetings from Paul and Steve

Welcome back to our latest newsletter

We are thrilled to announce that after a lengthy lockdown of extreme social distancing, we are back to business as usual or rather the new normal. We are happy to have our sponsors, members and guests safe and sound and back in one peace.

During the lockdown period we had staff on ground to ensure greens are well taken care of for when our guests return. Our sponsors will be happy to know that their branding was not neglected and kept prim and proper. The members tee box is currently closed for maintenance, this is the norm every winter period for a month.

Your safety is our no.1 priority

Our guests can find comfort in knowing that we, at Bluetree, are dedicated to complying with the highest standards of sanitation across all touch points of our services.



Conferencing

As our conferences continue to take place, we are taking into consideration the guidelines provided by WHO and government regulations. Our variously sized rooms can accommodate small and large gatherings, **not**

exceeding 50.

The last two weeks, we had the pleasure of hosting:

BITC, UNICEF, BABEREKI and MASTER JOINERY

Our conference rooms come fully equipped, and we offer full-day and tailor-made packages to suit your needs. Speak to us for a quote.

Contact details:

Telephone: 3935336 / 3935309 / 74219835

Email: info@bluetreegolf.co.bw

Golf News

Junior Clinics are back!

The Saturday Junior Clinic is back on. However, parents have to **arrange with a coach in advance**, as we are keeping our numbers small, in adherence with government recommendations. The age which children can qualify is 5 to 15.



While travel is limited at the moment, take this time to network locally with a game of golf. All existing members whose membership was active at the time lockdown and were effected, will be happy to know that we are giving

back all the days they lost.

Pro Shop

Look good, feel good, and play even better

Variety is the name of the game

Visit our Pro Shop for various golf accessories, new in stock is 2 and 3 wheel trolleys. Don't forget to visit our shop to view samples of our apparels for your next golf day event.



Available brands are:

Rhode Island, Ernie Els Collection, Gary Player, McLaren and adidas



Orders are likely to take longer than usual due to the control measures that have been put in place at borders.

Contact details:

Telephone: 3935336 / 3935309

Email: proshop@bluetreegolf.co.bw

Restaurant

Blue Tree Cafe is still the best family oriented restaurant in town when it comes to serving a great meal and event planning. Our kids play area is currently closed until further notice due to the COVID-19 pandemic.

The traffic leading to our café for our famous scrumptious cakes has been nothing short of amazing.



For any bookings and enquiries regarding our restaurant, please contact **Jo Nunn**.

Email: restaurant@bluetreegolf.co.bw

Telephone: 3935 336 / 71447299

Follow the link, and be part of the golfing community. Why not share your own Blue Tree Moment with us via our [Facebook page](#)!

Best regards from the entire Bluetree team until next week!

Paul and Steve

Limber for longer.

Improve your rotation.

One of the keys to a golf swing that delivers consistent distance is upper body rotation. But as we age, rotation can become more difficult because muscles tighten. This reduces consistency and contributes to the distance dip that comes with age.



Here's a great stretch you can do from anywhere to improve the range of motion in your upper body, hips, and lower back.



Lie on your back on a firm, cushioned surface with your arms spread at shoulder height. Bend one leg at 90 degrees and lift it over the other while keeping your shoulders in contact with the floor. Hold it there for a few seconds before bringing your leg back to the centre. Repeat on the other side.



If you're unsure whether you're able to do this exercise, please ask a fitness professional first.

Distance is a package deal

We're here to help you hit it longer. That means everything from club fitting to swing coaching to golf fitness. Whatever aspect of your golf game you'd like to ask us about, please come chat with us. We could also,

Start a conversation >



Warm regards from the entire Blue Tree team, until next week!

Paul and Steve

To ensure delivery, please add bluetree@greensidegolfer.retailtribenews.com to your contacts.

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