FREE YARDAGE BOOK

Harmon Golf Fitness Club

Rockland, MA

The free Harmon Golf Fitness Club yardage book shows all 9 hole layouts, with carries from the tee and distances to the center of each green.

Harmon Golf Fitness Club green maps show the mapped putting surfaces for all 9 holes, with green dimensions where available.

The greens average 4,600 sq ft, from 3,200 on the seventh to 5,900 on the first.

Water comes into play on 8 holes and 12 bunkers are mapped along the fairways and around the greens.

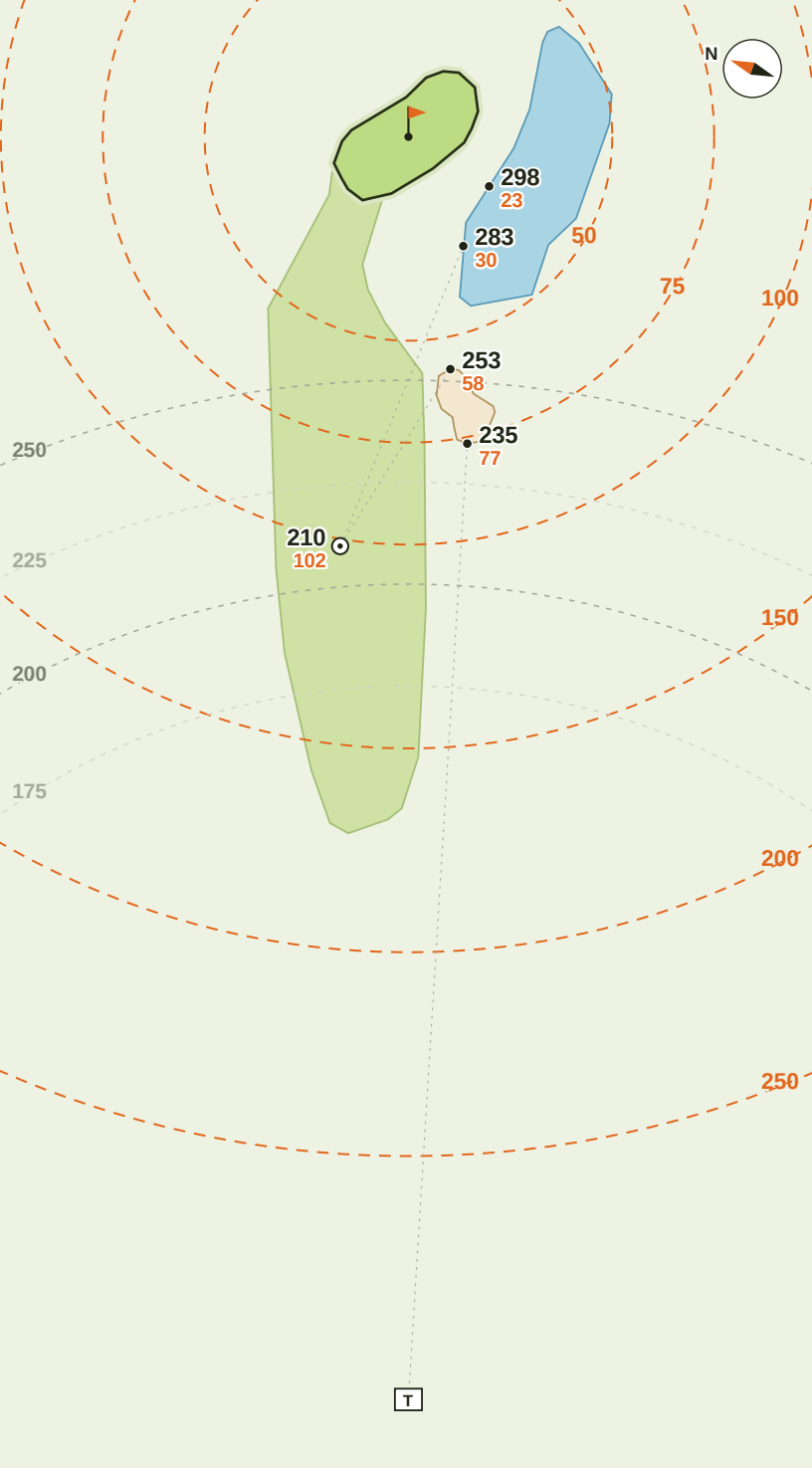
Card yardages are from the BLACK · Men tees.

HOLES

Hole 1	Par 4 · 350 yds	**Hole 6**	Par 4 · 310 yds
Hole 2	Par 4 · 414 yds	**Hole 7**	Par 3 · 142 yds
Hole 3	Par 3 · 178 yds	**Hole 8**	Par 4 · 339 yds
Hole 4	Par 4 · 342 yds	**Hole 9**	Par 4 · 443 yds
Hole 5	Par 5 · 490 yds		

Measured from aerial imagery and USGS elevation surveys. Distances are in yards; outlines are traced, so treat every number as approximate.

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Black: yards from the tee shown
Orange: yards to the center of the green

50 YDS

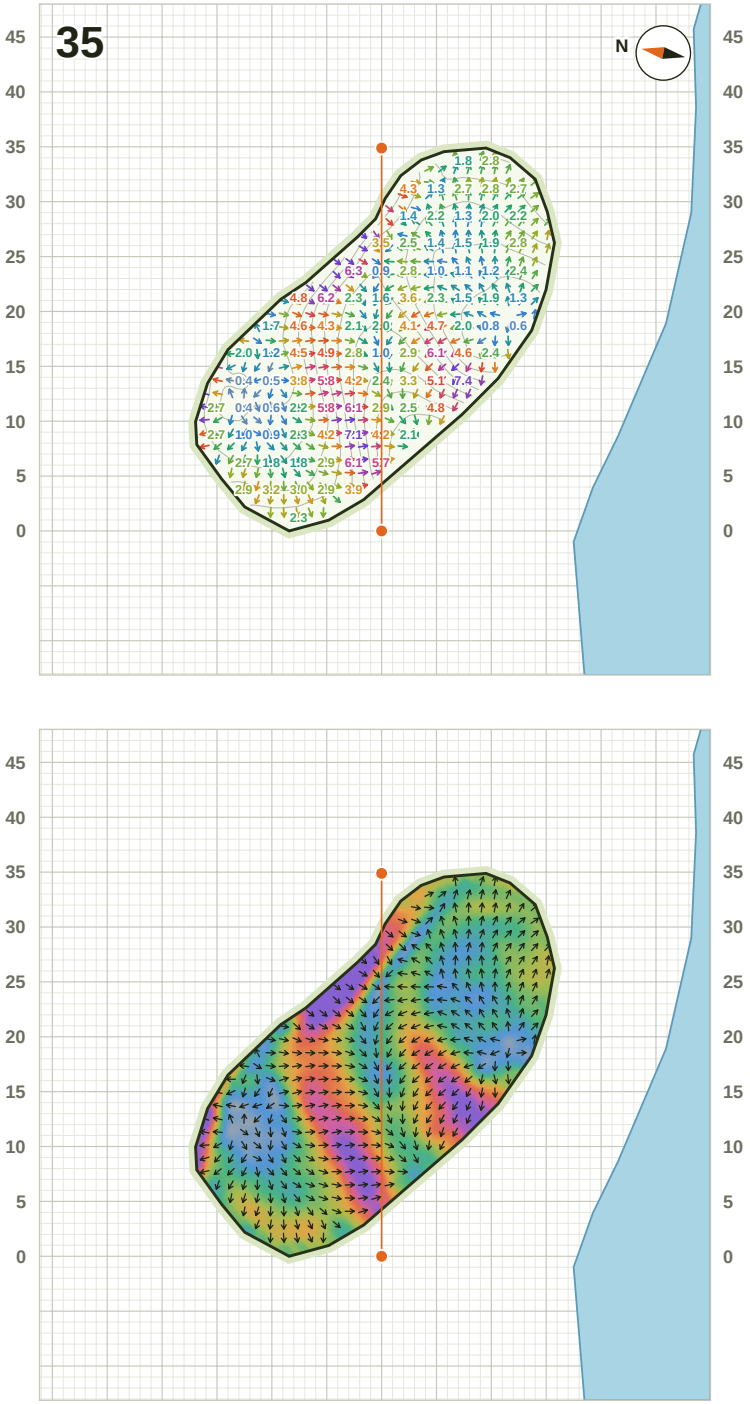
PAR 4
350 YD

1

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Hole 1 green · 35 yds deep · 33 wide · 5,900 sq ft

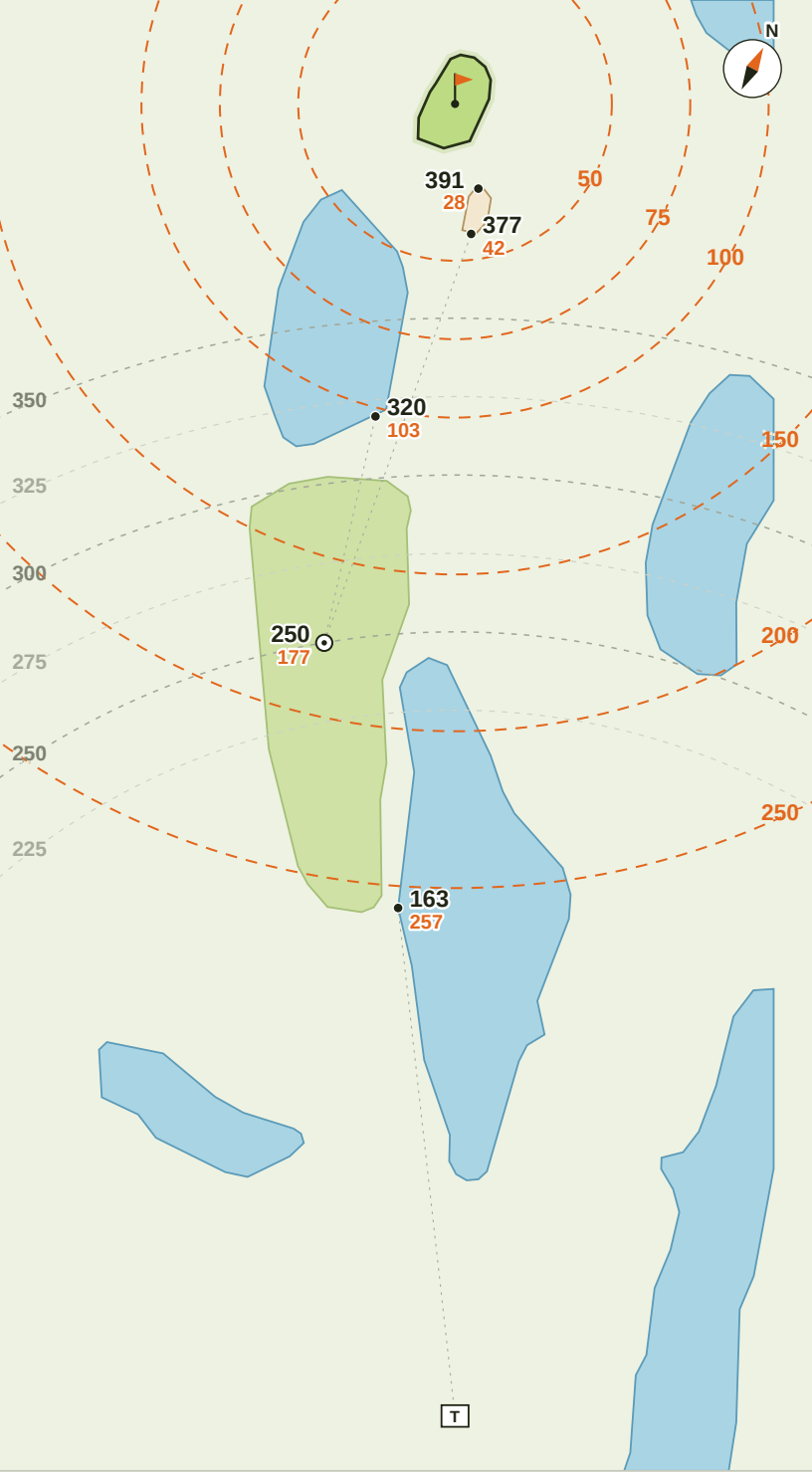


Slope %, arrows point downhill

0 1 2 3 4 5 6 7+

Falls about 7 in, back-left to front-right

1



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Black: yards from the tee shown
Orange: yards to the center of the green

50 YDS

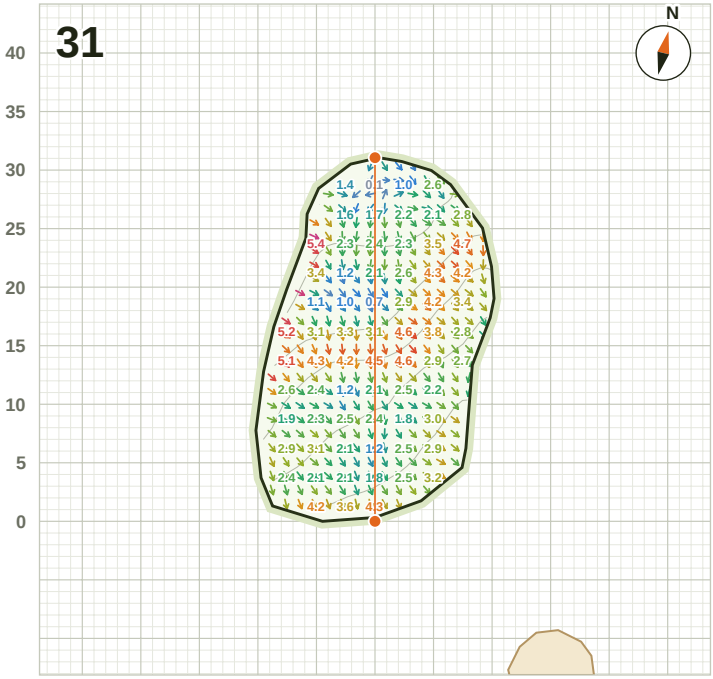
PAR 4
414 YD

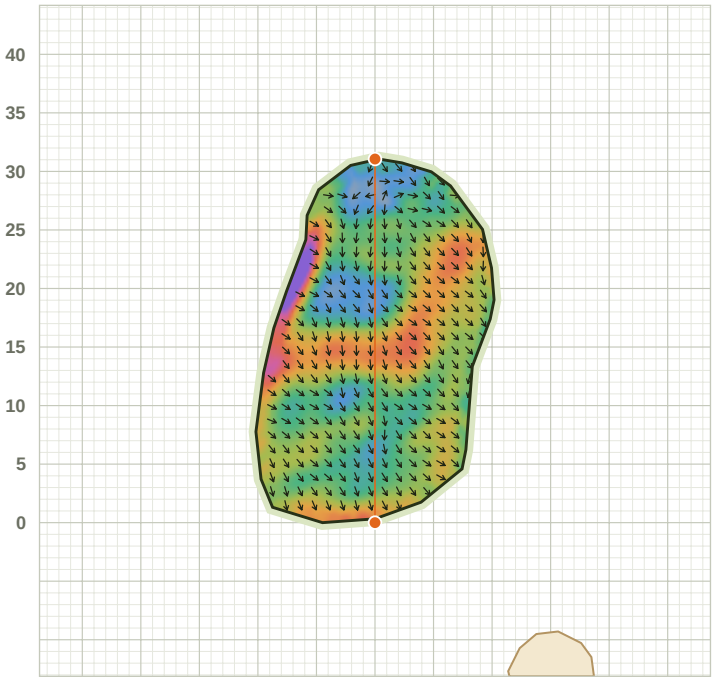
2

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Hole 2 green · 31 yds deep · 20 wide · 4,300 sq ft



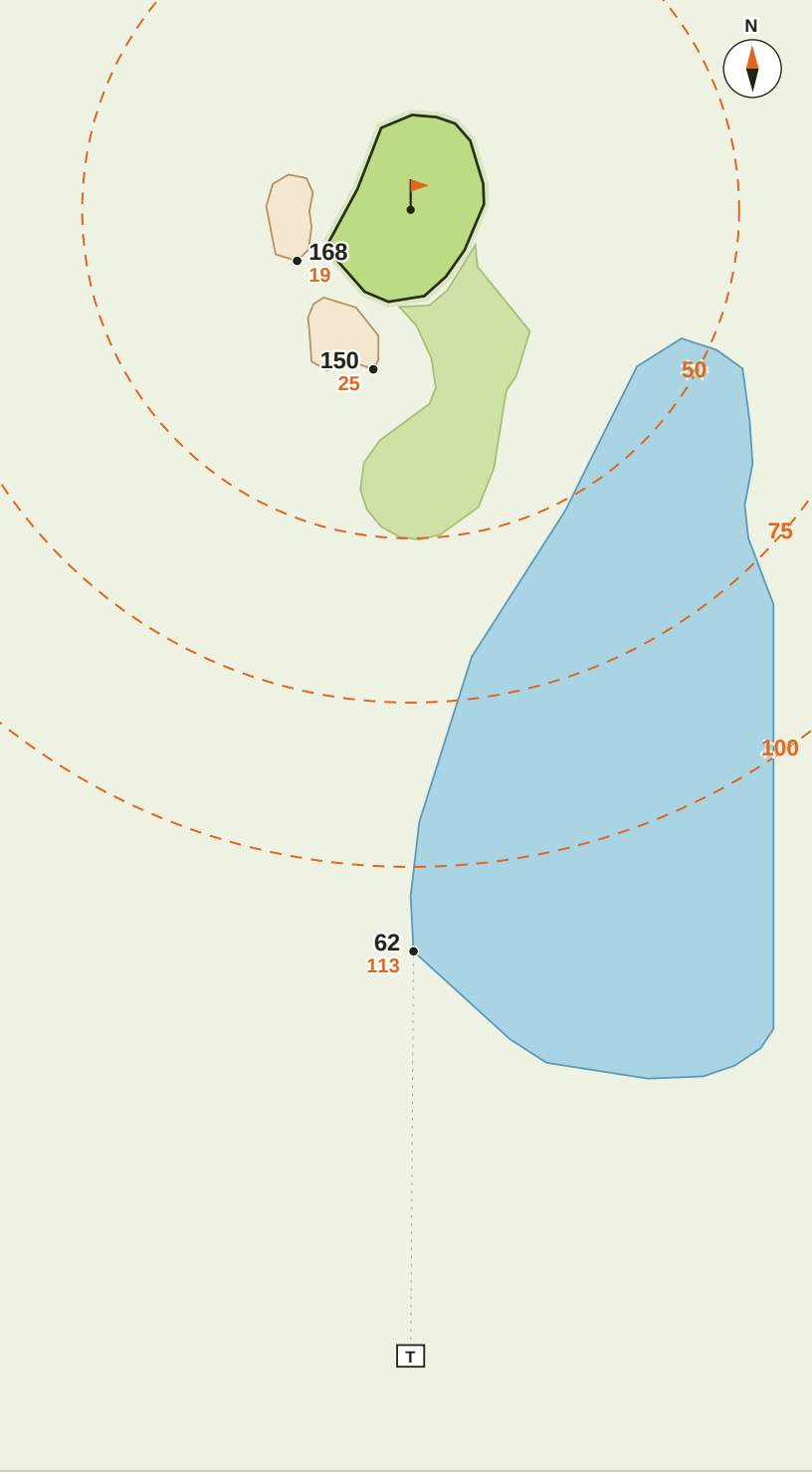


Slope %, arrows point downhill

0 1 2 3 4 5 6 7+

Falls about 2.1 ft, back-left to front-right

2



Harmon Golf Fitness Club

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Black: yards from the tee shown
Orange: yards to the center of the green

50 YDS

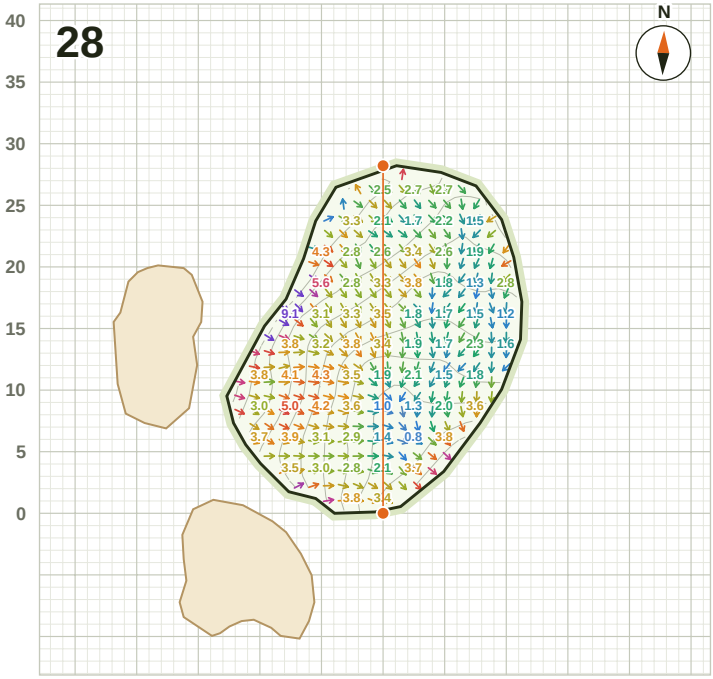
PAR 3
178 YD

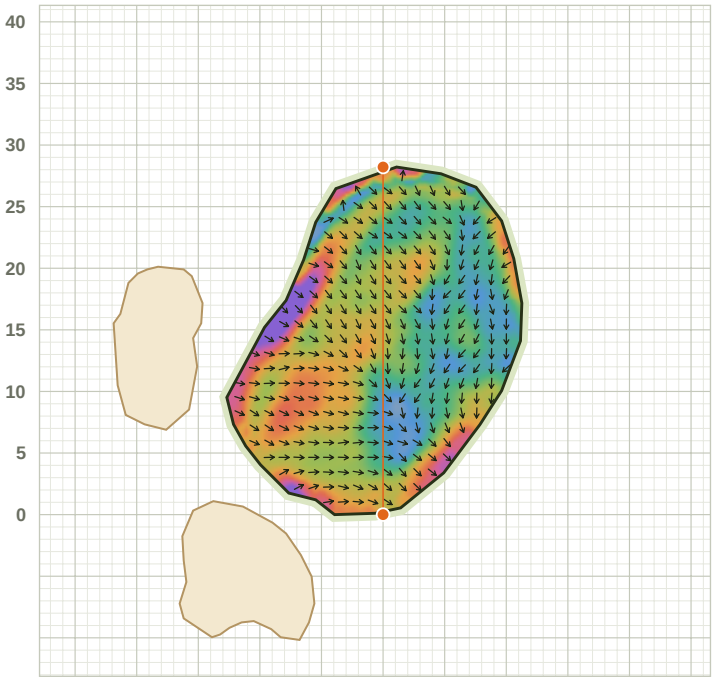
3

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Hole 3 green · 28 yds deep · 24 wide · 4,200 sq ft



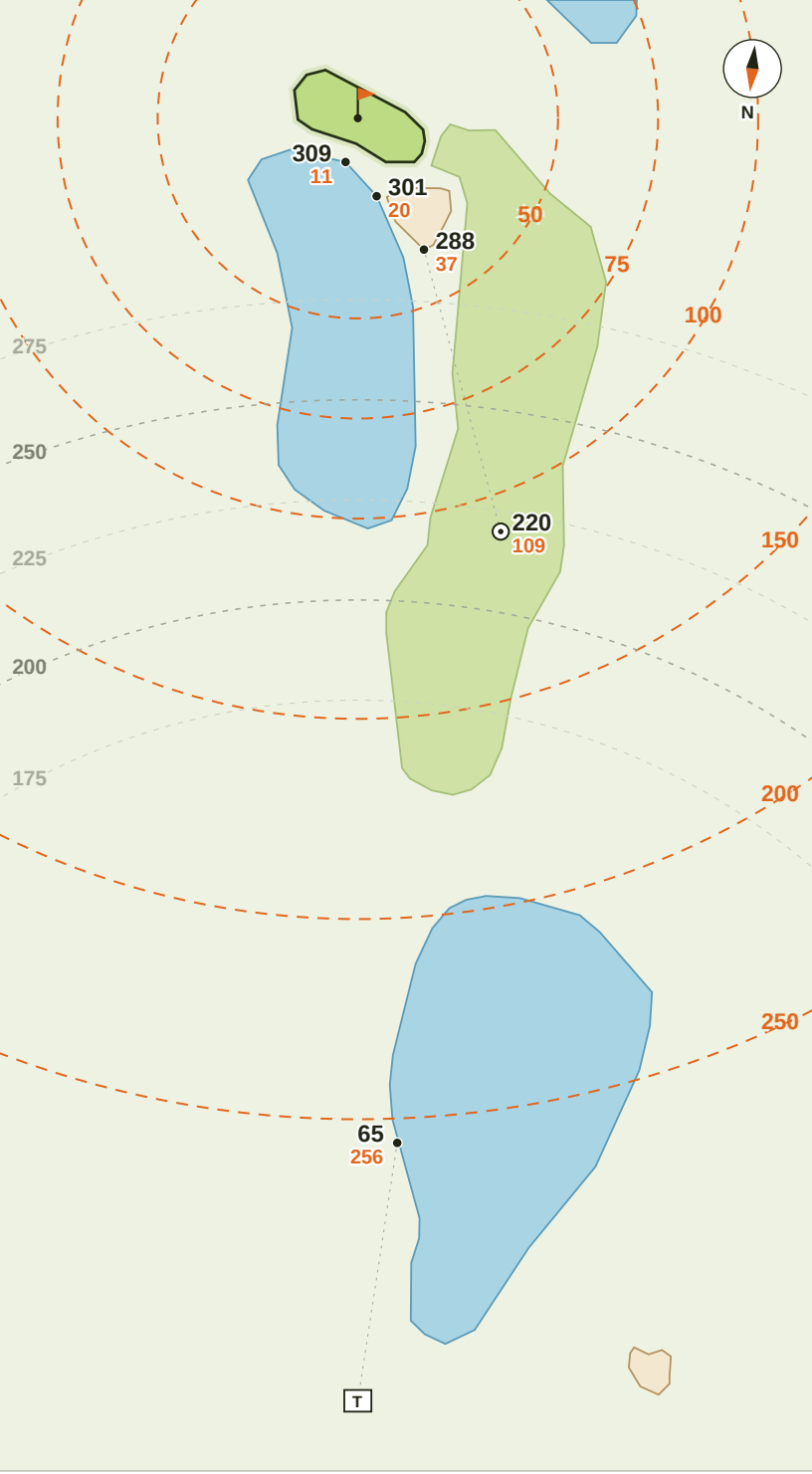


Slope %, arrows point downhill

0 1 2 3 4 5 6 7+

Falls about 1.5 ft, back-left to front-right

3



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Black: yards from the tee shown

Orange: yards to the center of the green

50 YDS

PAR 4

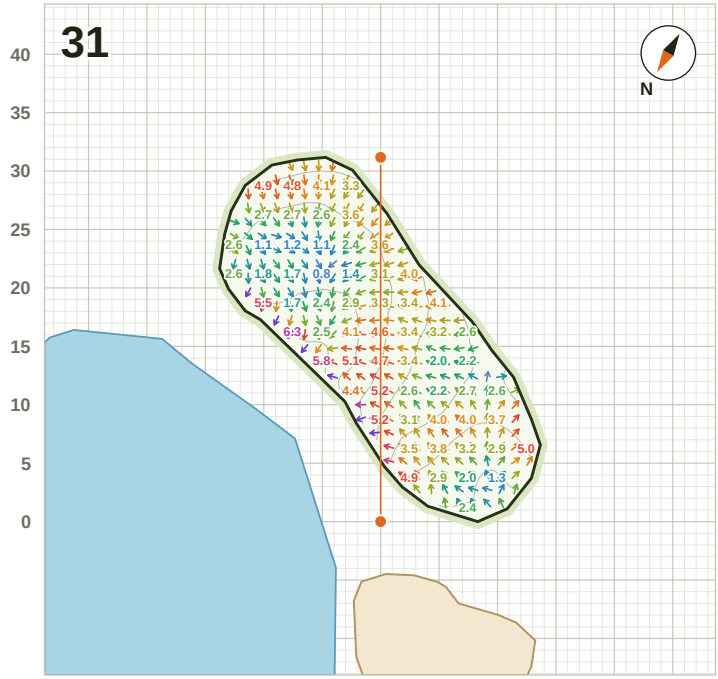
342 YD

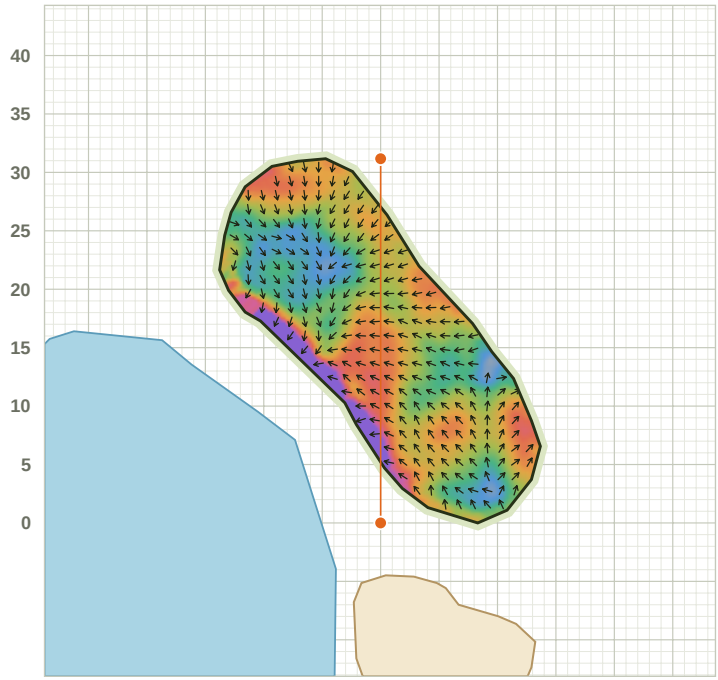
4

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Hole 4 green · 31 yds deep · 27 wide · 3,900 sq ft



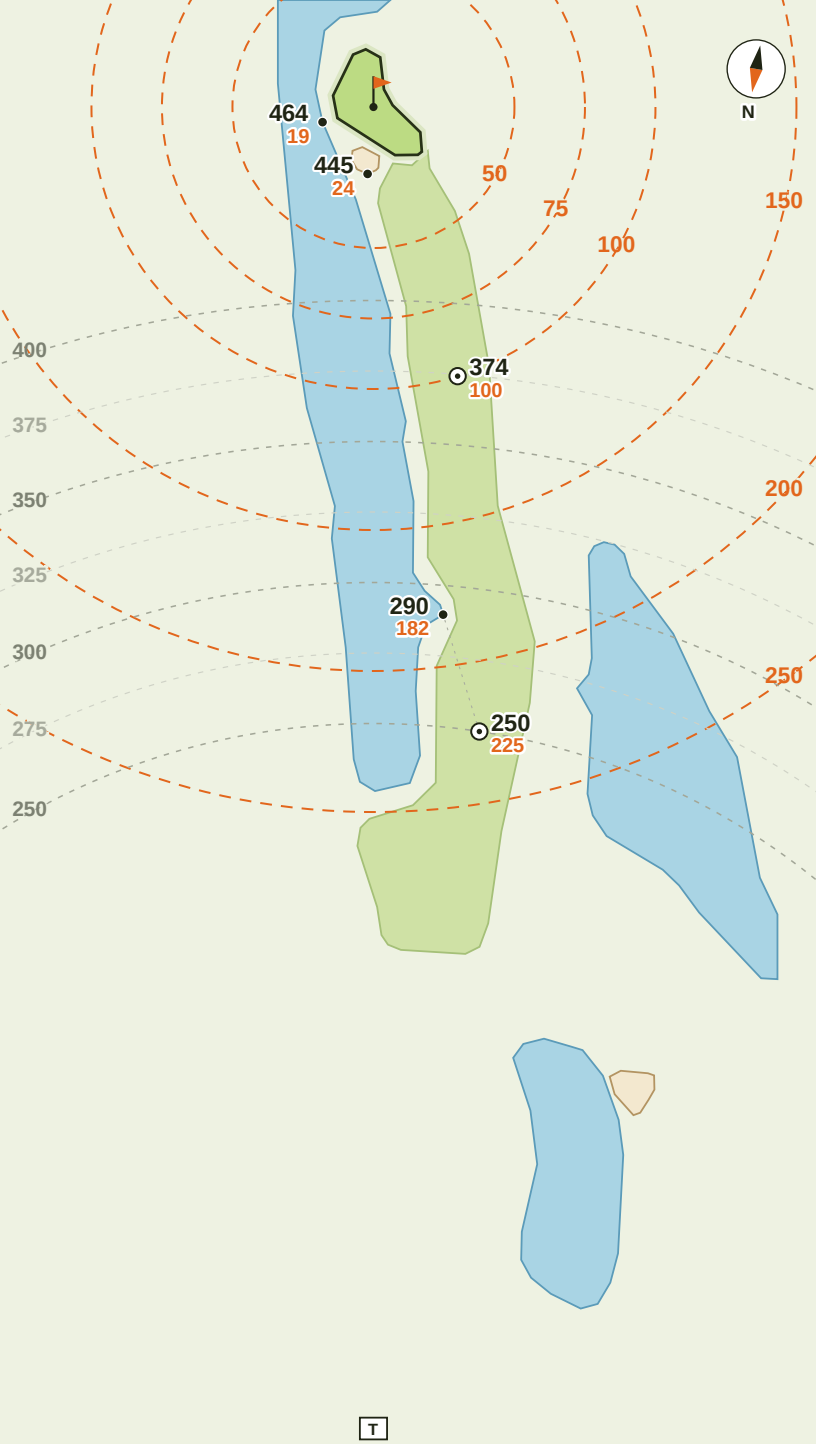


Slope %, arrows point downhill

0 1 2 3 4 5 6 7+

Falls about 1.6 ft, right to left

4



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Black: yards from the tee shown
Orange: yards to the center of the green

50 YDS

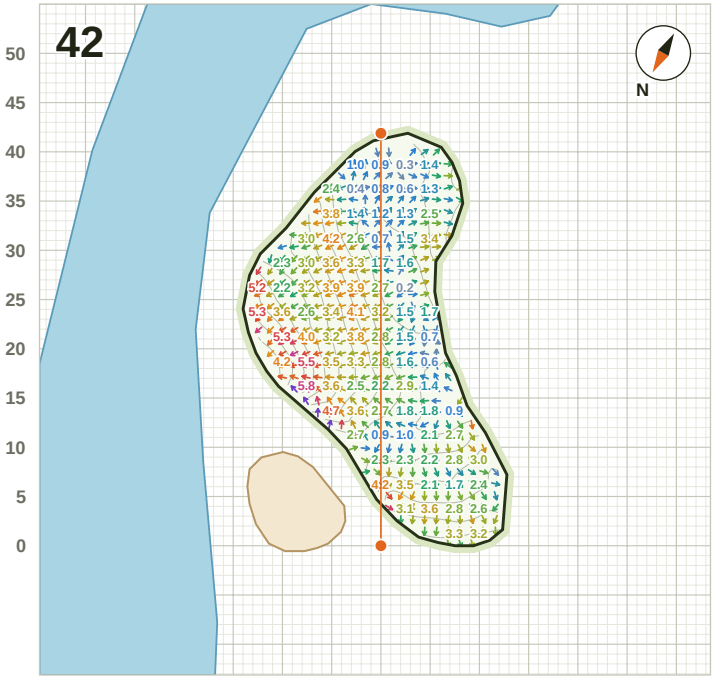
PAR 5
490 YD

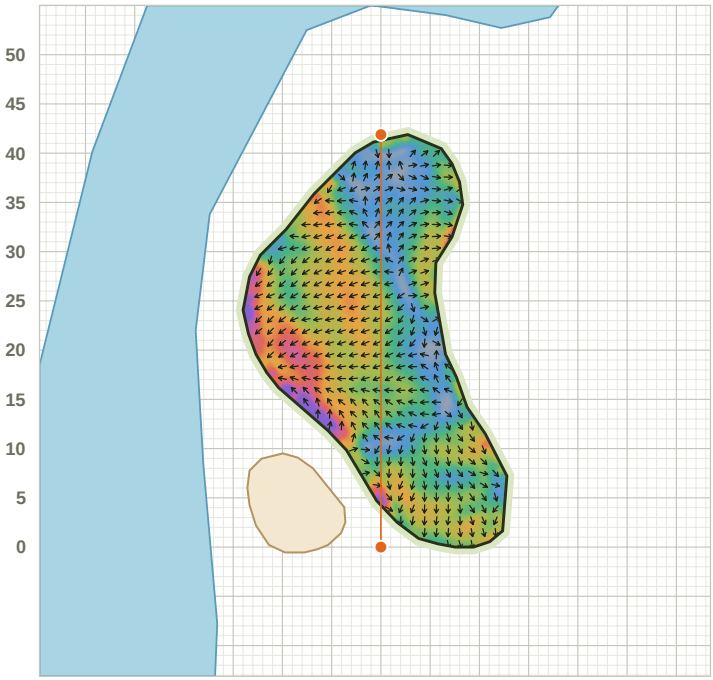
5

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Hole 5 green · 42 yds deep · 27 wide · 5,800 sq ft



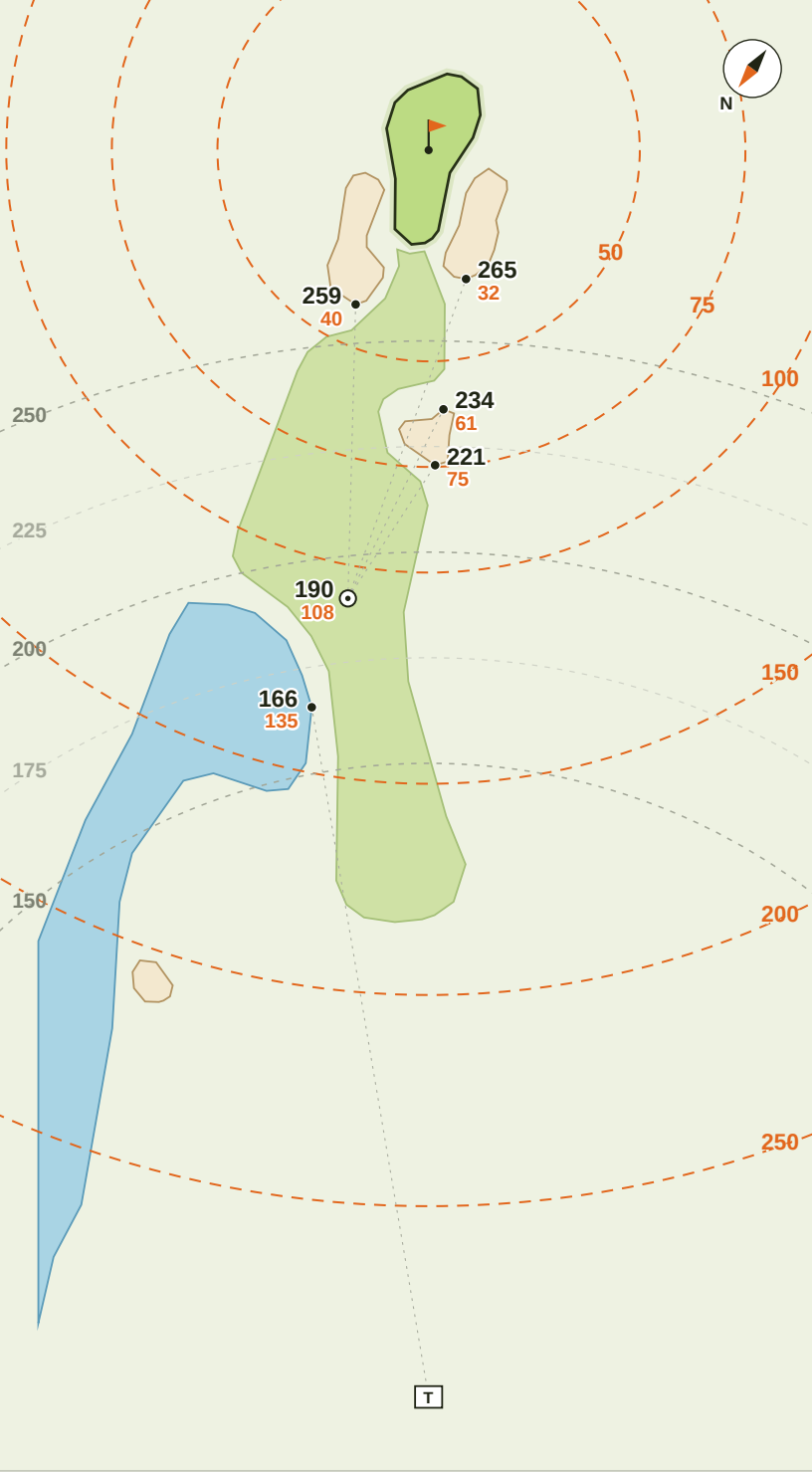


Slope %, arrows point downhill

0 1 2 3 4 5 6 7+

Falls about 1.2 ft, right to left

5



Harmon Golf Fitness Club

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Black: yards from the tee shown
Orange: yards to the center of the green

50 YDS

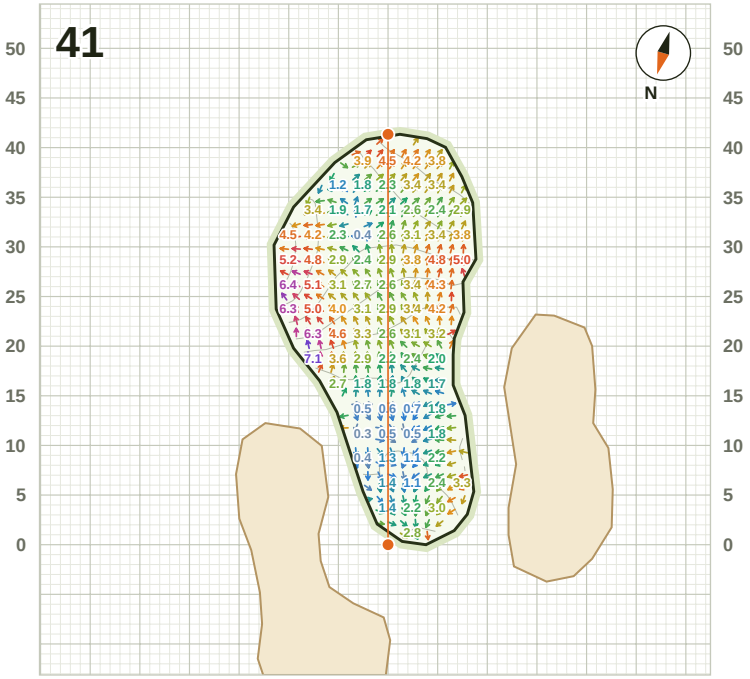
PAR 4
310 YD

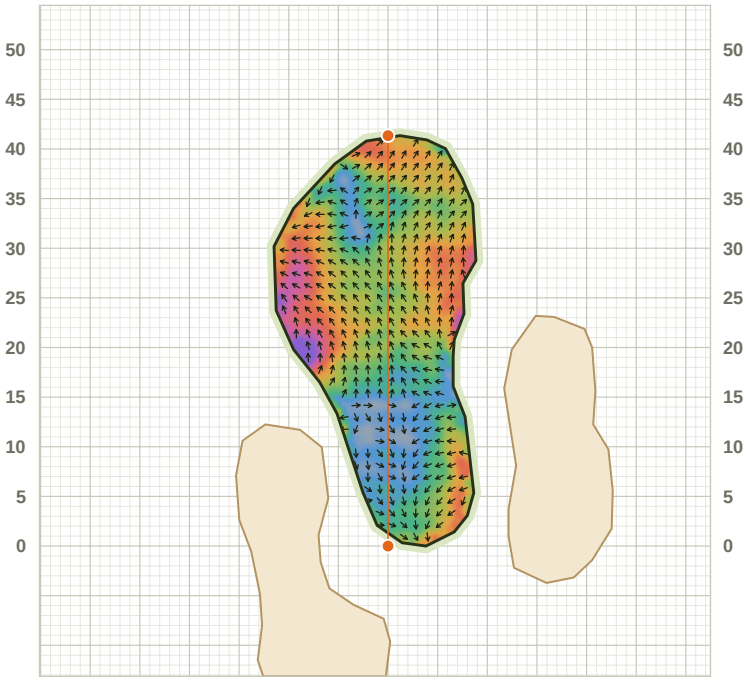
6

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Hole 6 green · 41 yds deep · 20 wide · 5,300 sq ft



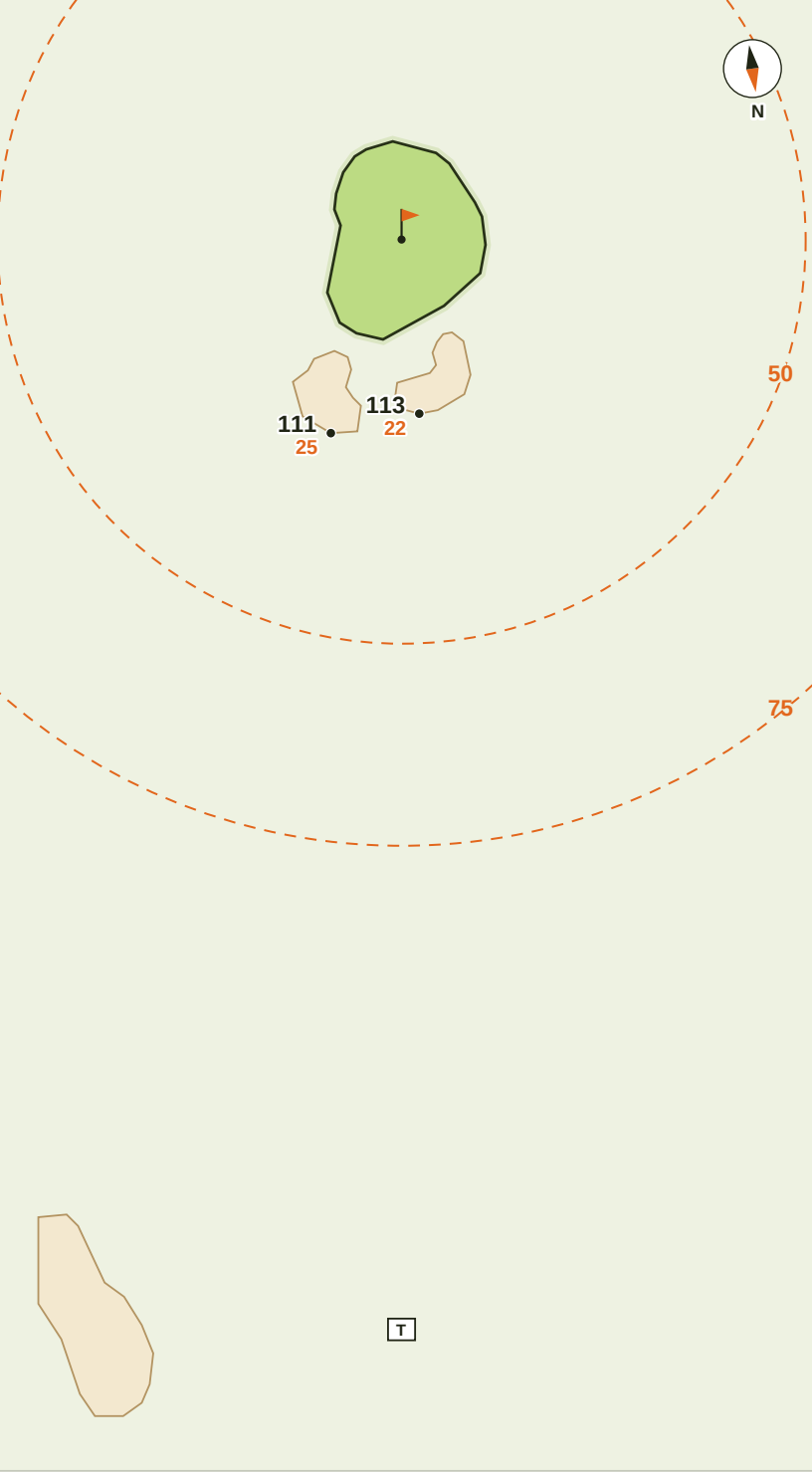


Slope %, arrows point downhill

0 1 2 3 4 5 6 7+

Falls about 2.1 ft, front to back

6



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Black: yards from the tee shown
Orange: yards to the center of the green

50 YDS

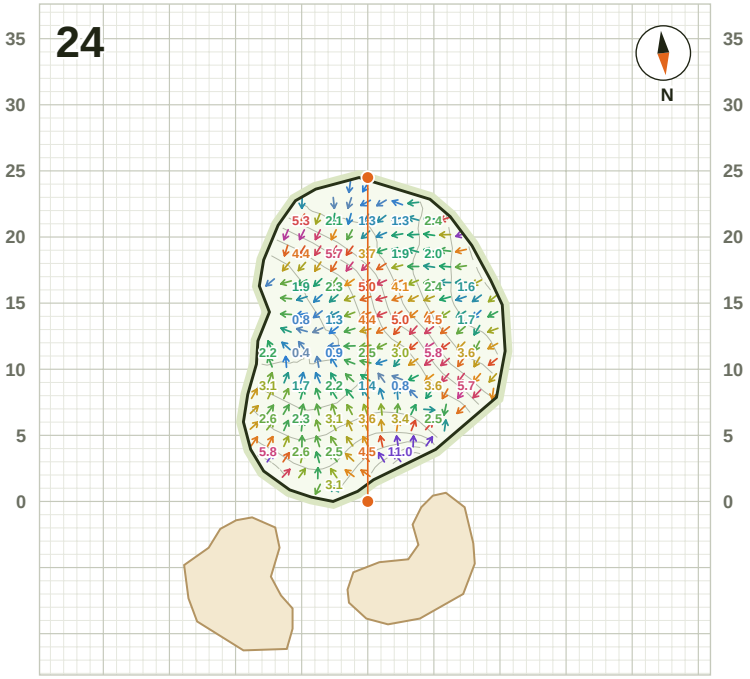
PAR 3
142 YD

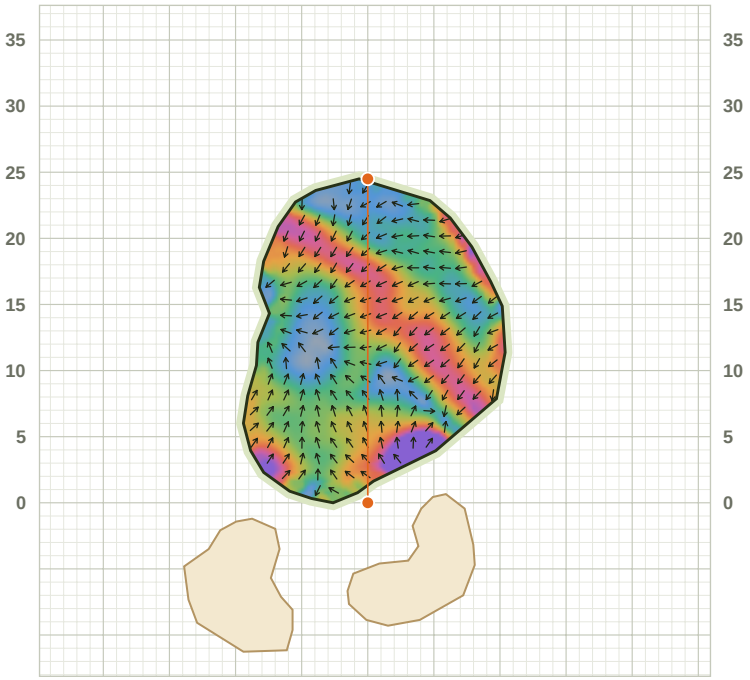
7

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Hole 7 green · 24 yds deep · 20 wide · 3,200 sq ft



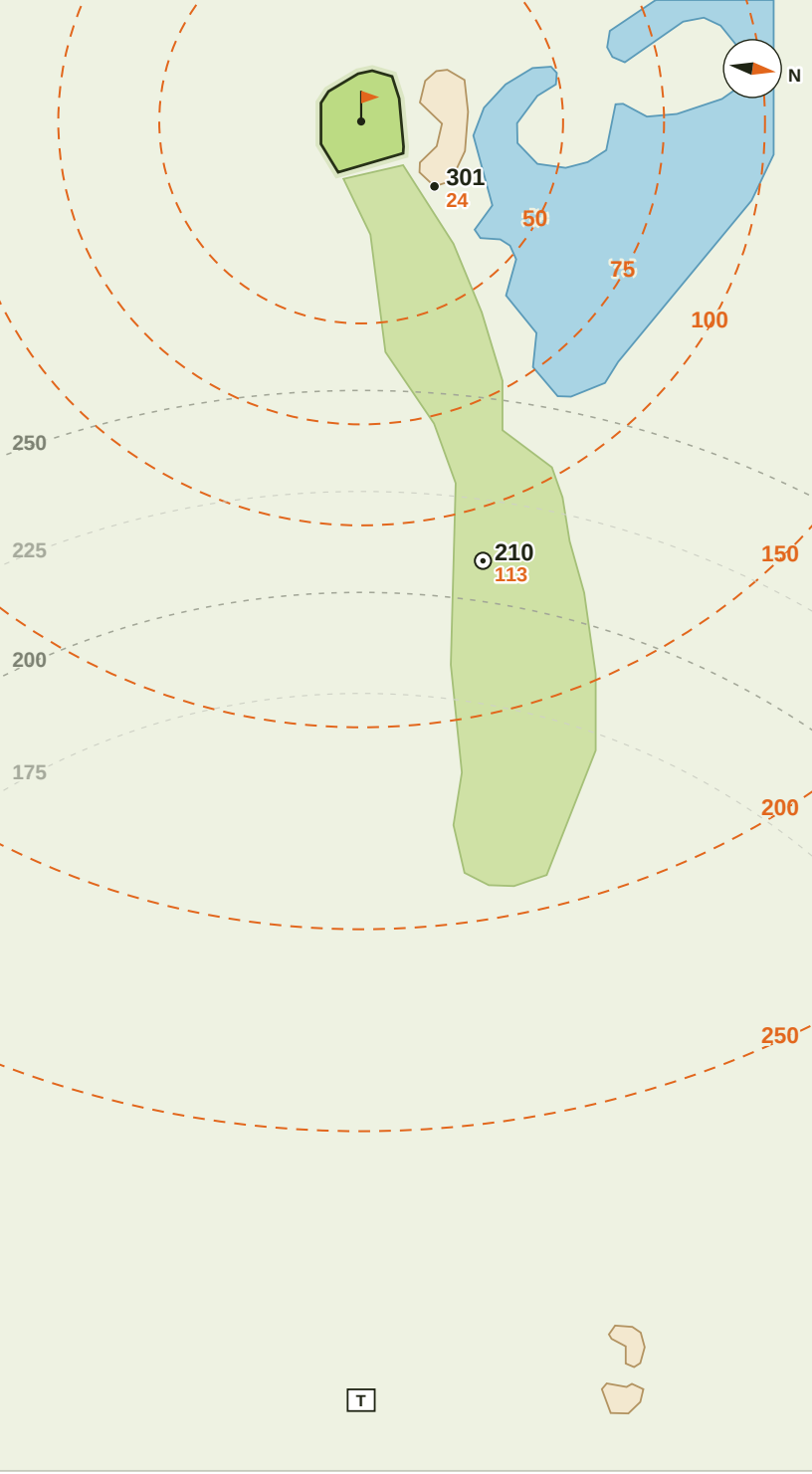


Slope %, arrows point downhill

0 1 2 3 4 5 6 7+

Falls about 11 in, right to left

7



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Black: yards from the tee shown
Orange: yards to the center of the green

50 YDS

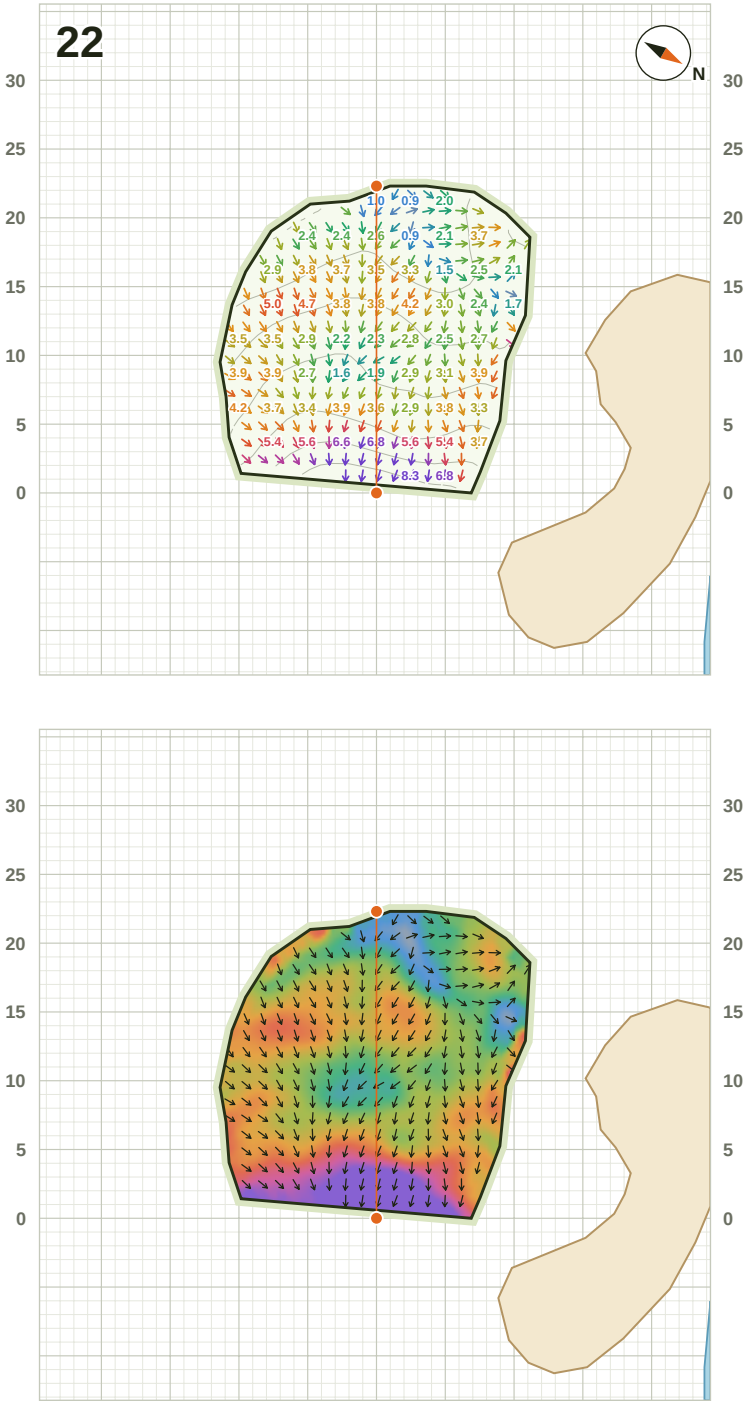
PAR 4
339 YD

8

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Hole 8 green · 22 yds deep · 23 wide · 3,700 sq ft

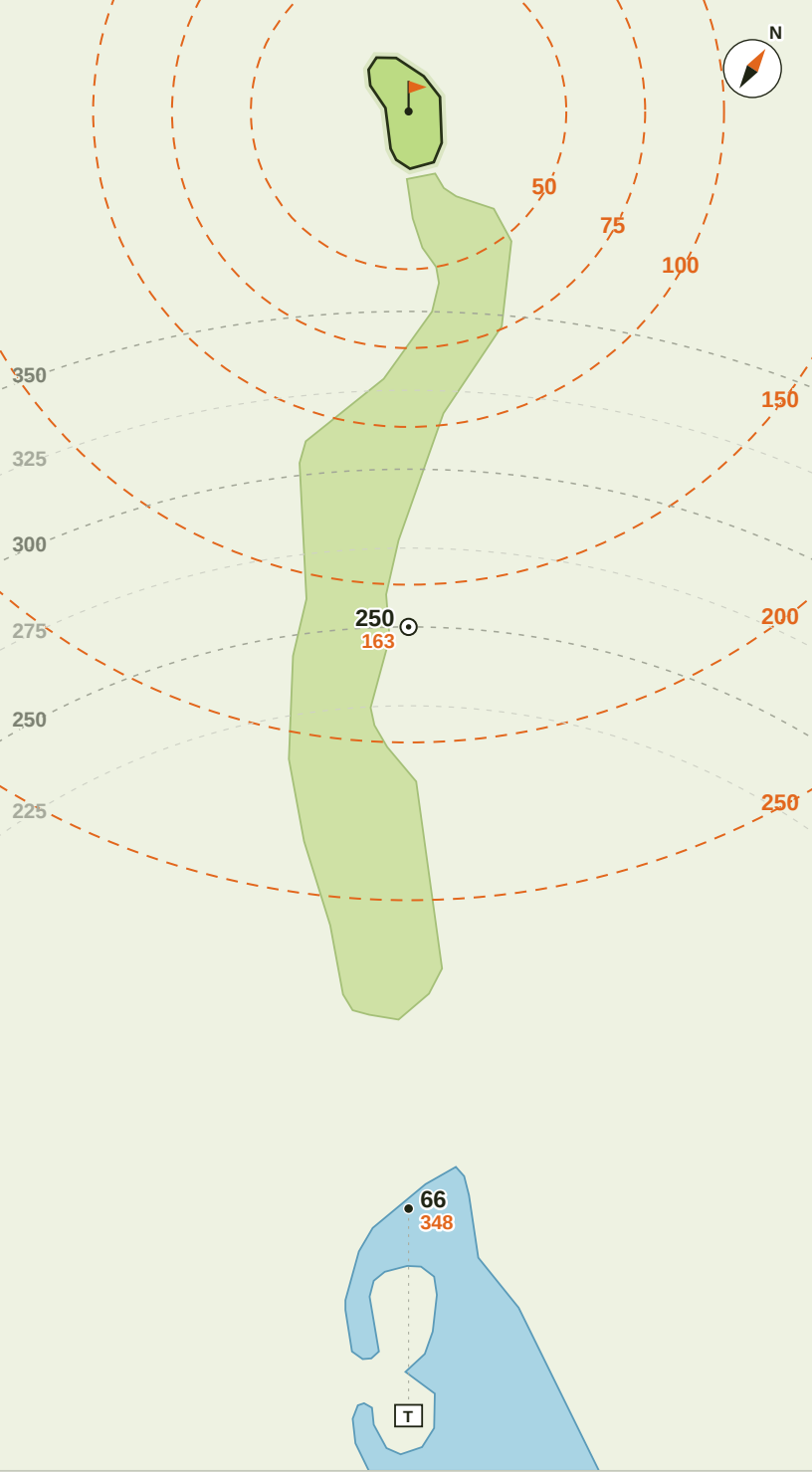


Slope %, arrows point downhill

0 1 2 3 4 5 6 7+

Falls about 1.9 ft, back to front

8



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Black: yards from the tee shown
Orange: yards to the center of the green

50 YDS

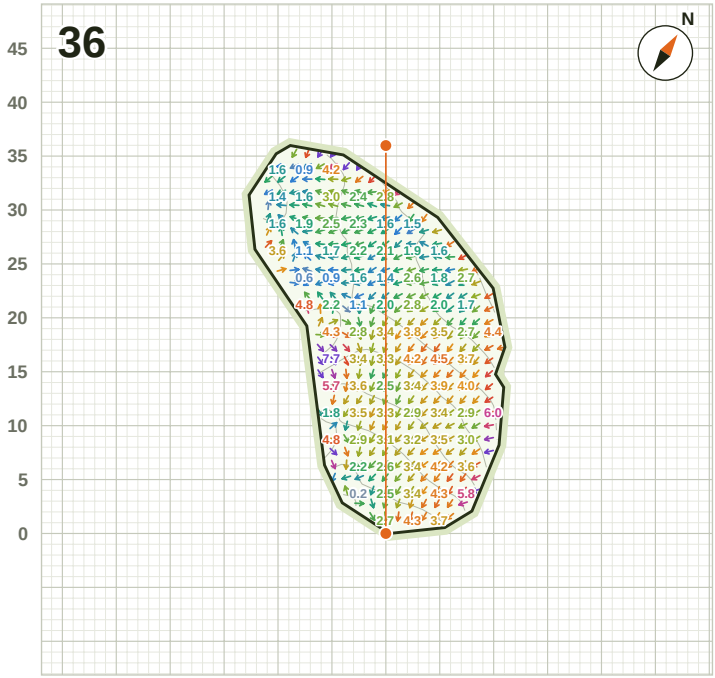
PAR 4
443 YD

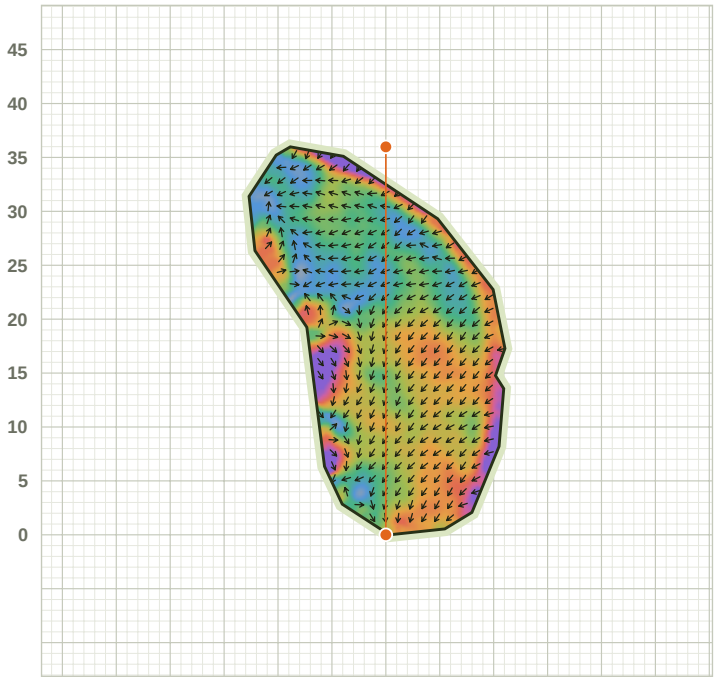
9

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Hole 9 green · 36 yds deep · 24 wide · 5,000 sq ft





Slope %, arrows point downhill

0 1 2 3 4 5 6 7+

Falls about 2.0 ft, back-right to front-left

9