



# Spring Swing Tune Up

*Are you prepared to have your best  
Golf season ever!*

This is a proven program, which is now in its 16th season.

Maximum 10::1 Student Teacher ratio

The program is designed to help golfers of all skill levels through a series of swing drills and exercises.

Featuring our trained Staff of CPGA Golf Professionals:



**Scott Orban - Richard Hardy**  
**Scott Haswell - David Tanton**

## Content

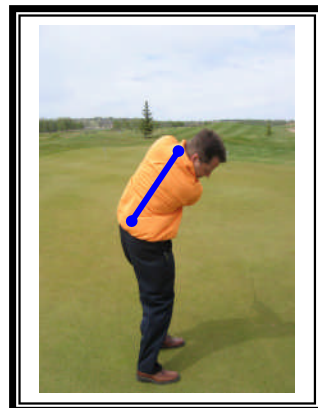
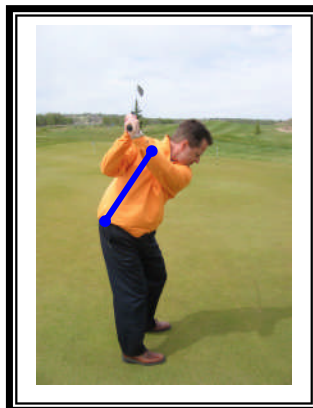
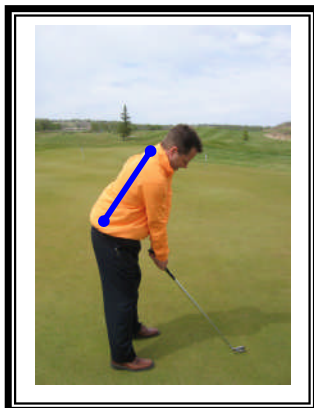
**Stretching:** Your muscles must be able to perform certain movements in order to make a good golf swing. These golf specific stretches will focus on these muscle groups and joints to help prevent injury while contributing to your improvement.

**Fundamentals:** What are the basic fundamentals and how do I incorporate them into my swing? You will learn the facts about the swing motion and dispel the many misconceptions and preferences associated with mass of information, which is available to you today.

**Perfect Practice:** A series of swing specific drills and exercises will be learned and performed by you each class. Our professional staff will ensure that you are improving your swing fundamentals.

**Ball Striking:** Weather permitting, we may strike practice balls on the driving range. This helps the golfer to shift their focus out of practice mode.

**Video Analysis:** Near the halfway point of the sessions we will analyze your motion. This tool can help you to understand the positive effects of the drills and also help to pin point your most vulnerable swing fault.





# 2009 SCHEDULE

Evenings / Weekends/ Daytime (6 Lessons) \$129.95 + GST (Maximum 10::1 Student Teacher Ratio)

**McKenzie Meadows Golf Club**

# 1	Saturday's	March 21, 28, April 4, 11, 18, 25 9:15 -10:15 AM	# 6	Tuesday's	March 24, 31, April 7, 14, 21, 28 1:00 – 2:00 PM
# 2	Saturday's	March 21, 28, April 4, 11, 18, 25 10:15 -11:15 AM	# 7	Wednesday's	March 25, April 1, 8, 15, 22, 29 6:30 – 7:30 PM
# 3	Saturday's	March 21, 28, April 4, 11, 18, 25 11:15 AM-12:15 PM	# 8	Wednesday's	March 25, April 1, 8, 15, 22, 29 7:30 – 8:30 PM
# 4	Tuesday's	March 24, 31, April 7, 14, 21, 28 6:30 -7:30 PM	# 9	Thursday's	March 26, April 2, 9, 16, 23, 30 6:30 – 7:30 PM
# 5	Tuesday's	March 24, 31, April 7, 14, 21, 28 7:30 -8:30 PM	# 10	Thursday's	March 26, April 2, 9, 16, 23, 30 7:30 -8:30 PM
			# 11	Wednesday's	March 25, April 1, 8, 15, 22, 29 1:00 – 2:00 PM

**Register Today**

**257-BALL (2255)**

[www.mckenziemeadows.com](http://www.mckenziemeadows.com)

## Registration Form

Name \_\_\_\_\_

Session \_\_\_\_\_

Address \_\_\_\_\_

Postal Code \_\_\_\_\_

Telephone: Home \_\_\_\_\_ Bus. \_\_\_\_\_

E-mail \_\_\_\_\_

**Cost per person: \$129.95 + GST (\$136.45)**

**Please mail cheque payable to:**

**McKenzie Meadows Golf Club  
17215 McKenzie Meadows Drive SE  
Calgary, Alberta T2Z 2T9**