

**De Luxe Winter Session**

Stay in ***Golf Shape*** this winter and

Hit the ground running this Spring!

**WANT ?**

**More** **DISTANCE**

**Better ball CONTACT**

**More CONSISTENCY**

**IMPROVED PUTTING**

**PAIN FREE** after your round

**BETTER PHYSICAL SHAPE for golf**

**What is it?** A comprehensive **golf improvement program** conducted during the winter months to maintain and build your swing. Once weekly, hour-long sessions will help each student **define goals** and **develop a blueprint** for success. Instructors/trainers will utilize slow-motion video analysis, *Flightscope* radar data, *Hack Motion* release pattern profile for full swing, pitching and putting.

Become a better golfer through weekly group sessions and bi-monthly private, one-on-one lessons with your instructor.

**When:**

**Group** sessions: 12:00 – 1:00 **Thursdays**

**January** 5, 12, 19, 26

**February** 2, 9, 16, 23

**March** 2, 9, 16, 23, 30

**PLUS:**

**Individual** Private lessons 2 per month at your convenience. (schedule your appointment with instructor)

**Where:** The Golf Academy building

**Cost: $240 p/p**

**Includes**: Golf Flexibility screening, customized golf exercise program.

**13 Group Sessions** warm-ups, putting, full swing and speed training.

**6 Individual Private Lessons** (30 Minutes)

***\*Not a beginners class\****

**Sign Up: call or email John Ericsson, Director of Instruction, 574-935-5680 ext. 722 or**

[**jericsson@swanlakeresort.com**](mailto:jericsson@swanlakeresort.com)

**Space is limited!**

**Keep you golf game active and improving this winter!**

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