

**Golf Speed Training**

**Learn to swing your clubs faster NOT harder.**

**What:** A **12-week course** that will improve each players swing speed by developing proper sequencing, improving tone and flexibility in key muscle groups to give you more distance with all your clubs.

**Includes**: slow motion swing analysis, *Flightscope* radar data, flexibility and strength screening and 12 group sessions. Custom drills and exercise video.

**\*Not a beginners course\***

**When: Day Time**

 **Fridays**  10 – 11 am **Or** 4 – 5pm

**Dates**

**January** 6, 13, 20, 27

**February** 3, 10, 17, 24

**March** 3, 10, 17, 24

**Where: The Academy building**

**Cost: $120 p/p**

**Sign-up: Call** John Ericsson, Director of Instruction, 574-935-5680 ext. 722 or **email** jericsson@swanlakeresort.com

**Be the Top Gun in your foursome.**

**“I feel the need for SPEED!”**