

FALL AFTERSCHOOL GOLF CLASSES ONLY \$299

FYI: FIVE KEY COMPONENTS:

1. SENSORY-BASED GOLF INSTRUCTION
2. GOLF-SPECIFIC STRENGTH AND CONDITIONING
3. TWO RANGE LESSONS AT THE BALLYBUNION
4. ONE ON-COURSE PLAYING LESSON
5. ONE UNBELIEVABLE PRICE!

AFTERSCHOOL ROSTERS LIMITED TO 12 PLAYERS.

ALL GOLFERS MUST HAVE CLUBS.

FLEXIBLE SCHEDULE OFFERS 2 CLASS TIMES:

MONDAYS OR WEDNESDAYS 4-6PM

FIVE INDOOR GOLF SKILL ZONES INCLUDE:

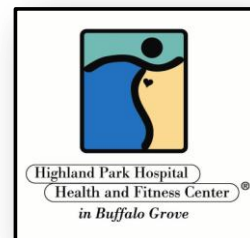
DIGITAL FULL SWING, SENSORY TOOL DRILLS, SPINNING WEDGES, MULTI-CLUB CHIPPING AND AIM-TO-WIN PUTTING.

THESE CLASSES OFFER UNIQUE, SENSORY-BASED GOLF INSTRUCTION FROM PROFESSIONAL SKILL DEVELOPMENT COACHES AND GOLF SPECIFIC STRENGTH AND CONDITIONING FROM CERTIFIED PERSONAL TRAINERS. CLASSES INCLUDE 2 OUTDOOR SESSIONS AT THE BALLYBUNION GOLF LEARNING CENTER, TWO-9 HOLE ON-COURSE PLAYING LESSONS ON AREA GOLF COURSES AND A CLASS T-SHIRT.



WHO: BOYS & GIRLS JUNIOR GOLFERS 8-14 YEARS OLD ALL SKILL LEVELS INVITED TO PARTICIPATE
ALL GOLF INSTRUCTION, STRENGTH AND CONDITIONING TRAINING IS SCALED TO ACCOMMODATE DIVERSE AGE, SKILL AND FITNESS LEVELS.

COACHES: TOM HANSEN, DIRECTOR OF GOLF, BILL KNUTSON & JON HALL,
SENIOR LEAD COACHES FOR ZONEGOLF-HP BRING A COMBINED 100 YEARS OF GOLF EXPERIENCE TO EVERY SESSION!



WHEN: CLASSES BEGIN ON AUG 30!

MONDAY 4:00-6PM

WEDNESDAY 4:00-6PM

| SEPTEMBER | | 2010 | | | |
|-----------|------|------|----|----|--|
| MO | TU | WE | TH | FR | |
| 8/30 | 8/31 | 1 | 2 | 3 | |
| 6 | 7 | 8 | 9 | 10 | |
| 13 | 14 | 15 | 16 | 17 | |
| 20 | 21 | 22 | 23 | 24 | |
| 27 | 28 | 29 | 30 | | |

| OCTOBER | | 2010 | | | |
|---------|----|------|----|----|---|
| MO | TU | WE | TH | FR | |
| | | | | | 1 |
| 4 | 5 | 6 | 7 | 8 | |
| 11 | 12 | 13 | 14 | 15 | |
| 18 | 19 | 20 | 21 | 22 | |
| 25 | 26 | 27 | 28 | 29 | |

- ZONEGOLF AT HPHFCC
- BALLYBUNION GOLF CENTER
- AREA GOLF COURSES TBD

WHERE: HIGHLAND PARK HOSPITAL HEALTH & FITNESS CENTER

1501 BUSCH PARKWAY BUFFALO GROVE, IL 60089 **847-229-0292**

BALLYBUNION GOLF LEARNING CENTER

ROUTE 83 & APTAKISIC RD LONG GROVE, IL 60047 **847-634-3363**

WHAT:

| WEEK.1 HPHFCC |
|---|
| GOLF INSTRUCTION |
| GOLF SPECIFIC STRENGTH AND CONDITIONING |

| WEEK.2 BALLYBUNION |
|------------------------|
| GOLF INSTRUCTION |
| FULL SWING, SAND SHOTS |
| PUTTING |

| WEEK.3 HPHFCC |
|---|
| GOLF INSTRUCTION |
| GOLF SPECIFIC STRENGTH AND CONDITIONING |

| WEEK.4 BALLYBUNION |
|------------------------|
| GOLF INSTRUCTION |
| FULL SWING, SAND SHOTS |
| PUTTING |

| WEEK.5 ON-COURSE |
|-----------------------|
| OFF-SITE |
| 9 HOLE PLAYING LESSON |
| WRAP UP W/ZG STAFF |

| WEEK.6 HPHFCC |
|---|
| GOLF INSTRUCTION |
| GOLF SPECIFIC STRENGTH AND CONDITIONING |

ZONEGOLF-HP RESERVES THE RIGHT TO ADJUST CURRICULUM BASED ON THE GOLF AND FITNESS TRAINING NEEDS OF ALL PARTICIPANTS.

FOR MORE INFO OR TO SIGN-UP, STOP BY THE SERVICE DESK, CALL OR REGISTER ONLINE!

847-419-7127 WWW.ZONEGOLF-HP.COM