



The Long and Short of it Training for Spring



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Winter (Golf Swing) Training Program

Do not put those clubs in a dark corner until spring!

One of the problems we have in the Northeast is that the golf season is much too short and it takes years of learning to become proficient at the game. Most people start the learning or changing process of their golf swing much too late to truly benefit and enjoy their game for the upcoming season, so get started on learning or changing your golf swing with a summary evaluation and or a series of lesson.

Winter can be the perfect time for a **beginner or advanced golfer** to develop or continue developing a fundamentally sound golf swing.

Golfer Evaluation

TPI screen (11 step process)
K-Vest Evaluation
Fee: \$90.00 (approx. 1 Hour)

All sessions will be indoor with the [K-vest technology](#) & [Opti-shot](#).

Training can be purchased in single or multiple sessions:

45 minutes - \$60

Purchase Three and receive **one free** session of equal time.

The goals will be to give the client a road map to success with 3 steps:

- 1st: Understanding golf swing movement
- 2nd: How to change/improve these movements
- 3rd: Design a training program

**THE ART OF LEARNING THROUGH
AUDITORY, VISUAL & KINETIC TECHNIQUES.**

TAKING INSTRUCTION TO THE NEXT LEVEL