

YOUTH GOLF CONDITIONING

Prepare yourself for the Spring Golf Season, in this training class designed especially with you in mind!

Training will include Yoga & Pilates, and focus on Strength Training and Flexibility!

### 8-WEEK COURSE

November 10, 2009 to January 21, 2010

Tuesdays and Thursdays

3:30-4:30pm

No class 11/24, 11/26, 12/22, 12/24, 12/29 & 12/31

\$105 Per Person

For \$100 more, you can purchase an Annual Pass to the Paul Derda Recreation Center!

BE  
THE  
BEST  
YOU  
CAN BE!



BROOMFIELD  
RECREATION SERVICES  
13201 Lowell Boulevard  
Broomfield, CO 80020  
303.460.6900  
[www.BroomfieldRecreation.com](http://www.BroomfieldRecreation.com)



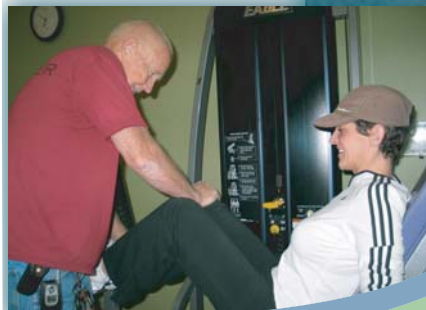
# TAKE YOUR GAME TO THE NEXT LEVEL!

## WITH YOUTH GOLF CONDITIONING!

MAKE IT COUNT!



This golf conditioning class, taught by a personal trainer, is intended for the High School golfer. To keep instruction personal and highly effective, class space is limited to 16 participants. Sign up today!



Off-season is the time of year you should focus your attention on flexibility and strengthening. It's the time to get ready to start playing golf. Your fitness program should reflect exercises that will immediately affect your game. Flexibility, stability and power are all improved by exercising for golf. The golf swing is a very complex movement, requiring much from the body. Only if the body is flexible and strengthened, can one expect consistent and powerful golf swings. No matter what your current physical condition, your golf game can benefit by regular exercise targeted with the golf swing in mind.

This program is designed to focus on the following:

- Core Stabilization
- Flexibility
- Power
- Balance
- Cardio-Respiratory Conditioning

### BENEFITS OF AN ANNUAL PASS

- Free Weight Room Orientation
- Yoga & Pilates Classes Included
- Youth Drop-in Fitness and Yoga Classes Included
- 25% off Personal Trainer & Private Pilates Reformer Fees
- 25% off Weight Training Class Fees
- \$25 off Bay Season Pass (residents only)
- \$1 Skate Park Admission

### ALL THE FACTS

- Current PGA and LPGA tour players as well as collegiate players have embraced the concept of participating in year-round programs. This has drastically changed the perception of fitness in the golf industry, revolutionizing competitive golf in the last five years..

- In a single round, a golfer can walk seven to eight thousand yards, the equivalent of four miles or more. This distance alone is a significant task for most people, but when combined with carrying the weight of a fully loaded golf bag, traversing the inclines and declines of a course, and executing 70 to 100 swings, the physical stress load becomes substantial.

Detach this portion of the tri-fold, and return it to the Paul Derda Recreation Center with your payment, to reserve your slot!

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Birthdate \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Sign me up for the Golf Fitness Class \$105

For an additional \$100, please register me for an Annual Pass to the Paul Derda Recreation Center!

Please make checks payable to: The City and County of Broomfield

VISA

MASTER CARD

\_\_\_\_\_  
Card Number

\_\_\_\_\_  
Exp Date:

ORDER FORM