

6-WEEK SWING SPEED PROGRAM

Increase your clubhead speed 3-6 mph and enjoy an extra 8-15 yards before the season ends. Join strength & conditioning coach Nathane Jackson as he'll be taking you through specific workouts that will increase your clubhead speed both safely and efficiently.

Location: Lookout Point Country Club range

Dates: Saturday September 4, 11, 18, 25, October 2, 9

- **Beginner Program**
11:30am to 12:20pm
For those not currently strength training, little to no previous training experience, who feel stiff or have trouble maintaining balance.
- **Intermediate to Advanced Program**
12:30pm to 1:20pm
For those who are currently strength training and have been for at least one year.

*If you are currently dealing with an injury, participation in group workouts is not recommended. Best to contact Nate for other options.

Cost: \$215 + tax

Limited to 8 participants in each group

E-mail Nate at nathane@nathanejackson.com to sign up.

Power & Speed Zoom Workshop

Monday, August 23rd, 6:30-7:30pm

You should attend this free workshop if:

- You want to know what it takes to increase clubhead speed
- You want to know if you pass the "4 rotary centres" of the golf swing.
- Interested in participating in the *6-Week Swing Speed Program*.
- Interested in participating in the *6-Week Swing Speed Program* but not sure which program is best for you?

Register for the **Power & Speed Workshop** below:

<https://us06web.zoom.us/meeting/register/tZMofu2qpj8rGNHe-DiSrha3QnP66rHzHpA8>

Recording will be available in case you can't make it.