

**NEW!!!**

# P.E.G.S. Adult

## Golf Fitness and Game Improvement Clinics Instructed by Daniel Lindsay, PGA

**Ft. Austin Kitteringham,  
CSCS of Spooner Physical  
Therapy**



This is a one of a kind golf fitness and game improvement clinic open to adult golfers of all skill levels.

P.E.G.S. PGA Director of Instruction Daniel Lindsay has teamed up with Austin Kitteringham, a Certified Strength and Conditioning Specialist from Spooner Physical Therapy, to provide a golf clinic we promise you will not find anywhere else in the Valley of the Sun.

### HOW DO I SIGN UP?

RESERVE YOUR SPOT TODAY BY VISITING

[ParExcellenceGolfSchool.com](http://ParExcellenceGolfSchool.com)

Or Call Daniel @ 480-442-6864



- TITLEIST PERFORMANCE INSTITUTE
- MIZUNO PERFORMANCE FITTINGS
- PROGRESS TRACKING IN OP 36 APP

- NUTRITION BY AUSTIN KITTERINGHAM
- INSTRUCTION FROM PGA PROFESSIONAL
- ALL SKILL LEVELS ARE WELCOME



Par Excellence Golf School



# UPCOMING SESSIONS

Sunday  
May 17th

Sunday  
May 24th

Sunday  
May 31st

Sunday  
June 7th

Limited to 6 Per Session | Register today to reserve your spot

## Golf Activity

## Fitness & Nutrition

<b>5/17</b> 12:30 - 2 PM	<ul style="list-style-type: none"> <li>Posture, Power, and Ball Flight Skill Development</li> <li>SuperSpeed Training</li> </ul>	Titleist Performance Institute fitness routine by Austin Kitteringham
<b>5/24</b> 12:30 - 2 PM	<ul style="list-style-type: none"> <li>Grip, Alignment, and Putting/ Green Reading Skills</li> <li>Mizuno Fittings</li> </ul>	Titleist Performance Institute fitness routine by Austin Kitteringham
<b>5/31</b> 12:30 - 2 PM	<ul style="list-style-type: none"> <li>Posture, Power, and Ball Flight Skill Development</li> <li>SuperSpeed Training</li> </ul>	Titleist Performance Institute fitness routine by Austin Kitteringham
<b>6/07</b> 12:30 - 2 PM	<ul style="list-style-type: none"> <li>Grip, Alignment, and Putting/ Green Reading Skills</li> <li>Mizuno Fittings</li> </ul>	Titleist Performance Institute fitness routine by Austin Kitteringham
<b>5/24 &amp; 6/7</b> 2:30 - 4 PM	<ul style="list-style-type: none"> <li>9 Holes (Op 36 Format)</li> <li><b>Must have attended at least one previous class</b></li> </ul>	Titleist Performance Institute fitness routine by Austin Kitteringham



**YES, YOU WILL PLAY BETTER GOLF!**  
**YES, WE TRACK YOUR PROGRESS!**

Par Excellence Golf School is a Licensed Operation 36® Network Facility. We leverage the Op 36 technology to make it fun for our golfers to improve their skills. Each clinic will feature specific skills to be earned that will teach you about the game of golf.

Our partnership with Austin Kitteringham of Spooner Physical Therapy is what sets this program apart from the rest.

Austin is Titleist Performance Institute certified and will be starting the morning off with information on golf nutrition, warm up, and a workout that will prepare you for your fitting and swing drills. Preparing your body for the game of golf is often neglected and having an appropriate warm up and training program can help you play at a higher performance level and help you avoid injuries.

Augusta Ranch Golf Club  
2401 S. Lansing, Mesa, AZ

SINGLE DAY

12:30-2 pm

**\$25**

2 CLINICS &  
PLAY DAY  
on 3/15

**\$60**

RESERVE YOUR SPOT TODAY!!!

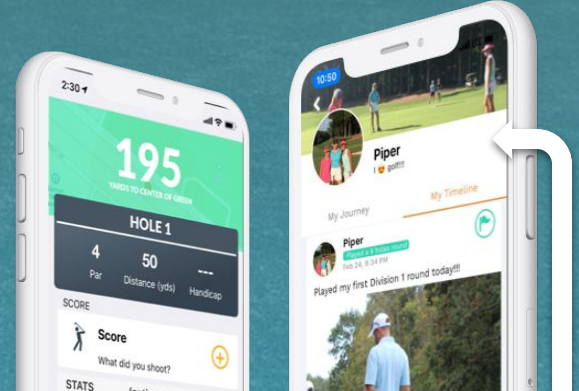
**Call or Email**

daniel8@pga.com  
480-442-6864



**EACH PARTICIPANT GETS AN  
OPERATION 36 ACCOUNT**

- MIMOSAS AND SNACKS
- RAFFLE FOR FREE TPI SCREENING
- RAFFLE FOR FREE HOUR LESSON
- LOG PLAY & PRACTICE OUTSIDE OF CLASS



**THE OP 36 ON-COURSE FORMAT**

**START CLOSE. SHOOT 36. BACK UP.**

- Golfers will play 9 holes from Division 1 (25 yards)
- Once par (36) is achieved, golfer will move up to next division.
- Process continues through 10 Division Journeys
- All stats & milestones are tracked in the Op 36 App

**Division 1** 25 Yard Hole (225 Yard Course) |
 **Division 2** 50 Yard Hole (450 Yard Course) |
 **Division 3** 100 Yard Hole (900 Yard Course) |
 **Division 4** 150 Yard Hole (1350 Yard Course) |
 **Division 5** 200 Yard Hole (1800 Yard Course) |
 **Division 6** 1801-2300 Yards |
 **Division 7** 2301 - 2600 Yards |
 **Division 8** 2601 - 2900 Yards |
 **Division 9** 2901 - 3200 Yards |
 **Division 10** 3201+ Yards

