



# SKYLINE

HOTELS & RESORTS

## Dave Castellan Winter Golf School

JANUARY 9<sup>TH</sup> TO APRIL 9<sup>TH</sup>

Dave Castellan, Director of Golf Instruction at Deerhurst Resort, has been named among the top 50 PGA teachers in Canada as well as being a two time nominee for Ontario PGA Teacher of the year 1995 and 2008. Dave has worked closely with the late Canadian golf legend George Knudson along with ESPN Golf Schools and Hank Haney, Tiger Woods former swing coach.

Dave Castellan is pleased to announce Dr. Michelle Laframboise from Back to Function will be available for this year's program. Dr. Laframboise has an extensive educational background combined with personal training experience with elite athletes. Dr. Laframboise is a graduate with an Honours Bachelor of Kinesiology Degree from Brock University. Dr. Laframboise continued her education graduating from the Canadian Memorial Chiropractic College with a Doctorate of Chiropractic Degree and is also an RCCSS (C) sport resident.

Golf Specific services available from Dr. Laframboise

- Injury Diagnosis and Rehabilitation/ Active Release Technique(ART)
- Functional Movement Assessment/Medical Acupuncture
- Customized Strength and Conditioning Program
- Sports nutritional supplementation

Lucas Laframboise is a Titleist Performance Institute Golf Fitness Instructor offering extensive experience with golf specific rehabilitation, functional movement and swing analysis along with core stability training. Lucas is a graduate of Brock University with a degree in Health Science and is a clinical intern at Canadian Memorial Chiropractic College.

With the addition of Dr. Laframboise and Lucas Laframboise we will be able to take our winter program to another level providing golfers with the opportunity to reach their goals and enjoy the game to the fullest.





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### PERSONAL INSTRUCTION

This program is ideal for the golfer who wants to develop and refine their golf swing using all the clubs in the bag during the winter months.

#### BEST VALUE PACKAGE

Includes: 1/2 hour private lesson includes video swing analysis, instruction while practicing, golf specific exercises. Reserve practice times with unlimited driving range.

Cost: \$245 plus HST / \$195 plus HST for **HORSESHOE GOLF AND SKYLIFE MEMBERS**

#### TWO MONTH LESSON/PRACTICE

Includes: 1/2 hour private lesson, video swing analysis, supervision while practicing, reserve practice time.

Cost: \$175 plus HST – includes unlimited driving range (2 months)

#### ONE MONTH LESSON/PRACTICE

Includes: 1/2 hour private lesson, video swing analysis, instruction while practicing, reserve practice times.

Cost: \$155 – includes unlimited driving range (1 month)

#### PRIVATE LESSONS

Includes:	Private 30 min. session	\$ 65
	Private Series of (3)	\$150
	(2) students-1hour	\$100

\* All prices subject to HST

Winter Golf Hours & Practice Times:

Monday – Wednesday: 10:00 - 2:00pm

Tuesday – Thursday: 3:00 - 7:00pm

Sunday: 2:00 - 5:00pm

For further information call 705 835 5578 ext. 1302 or email [pdc\\_golf@hotmail.com](mailto:pdc_golf@hotmail.com)

