

2015 GOLF TRAINING



GRAND
FORKS
PARK
DISTRICT

Instructor: Ryan Carlson – Lead Trainer (MS, CSCS, USAW, TPI-CGFI - Titleist Performance Institute - Certified Golf Fitness Instructor)

Contact Info: Ryan Carlson | phone: 701.739.3318 | email: rcarlson@choicehf.com

Before submitting registration or making payment, please read the following 2 steps:

STEP 1 | Contact Ryan Carlson to reserve training day(s) and time(s). (Keep in mind scheduling is done on a first come, first served basis.)

STEP 2 | Bring signed informed consent and check to instructor on first day of training.

GOLF TRAINING | PACKAGE RATES Four 1-Hour Sessions

1 on 1 training (price per person, per package)	Group 2 people (price per person, per package)	Group 3-4 people (price per person, per package)	Team 5+ people (price per person, per package)
\$180.00	\$160.00	\$140.00	\$80.00

GOLF TRAINING | SINGLE SESSION RATES Single 1-Hour Session

1 on 1 training (price per person, per session)	Group 2 people (price per person, per session)	Group 3-4 people (price per person, per session)	Team 5+ people (price per person, per session)
\$50.00	\$45.00	\$40.00	\$35.00

GOLF TRAINING | 2015

Name: _____
Parent Name(s): _____
Address: _____
Parent Phone: (____) - ____ - _____

Date of Birth: ____ / ____ / ____ Gender: M F
Email: _____
City/State/Zip: _____
Alternate Phone # (work, mobile, etc.) (____) - ____ - _____

I hereby acknowledge my health or the health of my child listed above to be ready for vigorous activity and authorize the directors to secure any emergency treatment deemed necessary, and that I hereby release the Grand Forks Park District, Choice Health & Fitness and all employees, executors, and heirs from all claims for injuries, which I or my child may sustain while attending this program. I also understand that any medical bills that I or my child incur due to injuries will be my responsibility or the responsibility of my family health insurance plan.

Parent of Guardian Signature: _____ Date: _____

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GOLF TRAINING

IMPROVE YOUR GOLF GAME

Choice Golf Training is tailored to each golfer to help improve all around performance on the course. 60-minute training sessions focus on golf specific movements and are offered for individuals or groups.

Training sessions include a golf specific body assessment and cover injury corrections and prevention, golf specific warm-ups and cool downs, mobility and flexibility exercises, and strength training for better distance and ball control. Training available both in and out of the golf season.

