



**To register, sign up online,
in-person, or by phone!**

**Acceleration North
651.486.0020**

www.accelerationnorth.com

3808 Dunlap St. N • Arden Hills, MN 55112

2012/2013 Acceleration Golf and Fitness Programs and Memberships

Acceleration Golf and Fitness has 3 new golf training programs and new membership opportunities coming this winter to our Arden Hills Facility. Acceleration Golf and Fitness is excited to begin its 2nd year of golf training and instruction. Our new putting green allows us to focus on short game much more than in years past. Our golf training can help any level of player so sign up today!

Parents and adults are welcome to sign up and join all classes.

Camp 1

Nov 19th – Dec 21st

Camp 2

Jan 7th - Feb 8th

Camp 3

Feb 11th - Mar 15th

SESSION DAYS AND TIMES:

Choose 2 days and times you wish Monday through Thursday

4pm – 5:30pm

6 pm – 7:30pm

7:30pm – 9pm

Fridays, Saturdays, and Sundays are reserved for practice times to members and students.

90-MINUTE CAMP CLASSES INCLUDE:

- Golf specific warm ups
- Posture and swing progressions
- Video analysis
- Putting and short game
- Full swing and solid ball striking
- Strength and flexibility training
- UNLIMITED PRACTICE TIME
DURING YOUR CAMP DATES

**Just \$325 for 1 Camp,
or SAVE \$50 and get 2 Camps for \$599!**

Camp sessions include 15 hours of golf instruction and training,
plus unlimited practice time during the weeks of your camp.

HOURS OF OPERATION

Monday – Friday: 10am – 10pm • Saturday/Sunday: 9am – 6pm

**2011 State Open Champion, TROY JOHNSON
trains at Acceleration Golf and Fitness!**

GOLF MEMBERSHIPS:

For players that don't want instruction but would like a place to hit balls, putt, chip, and work on his/her game

DROP-IN - \$20 (2 Hour Maximum)

30 day pass - \$75

3 month pass (Any 3 consecutive months) - \$200

5 month pass (November 18 – April) - \$300

Times subject to change around class and group lesson schedules

Members need to schedule at www.accelerationnorth.com under online scheduling or call our facility at 651-200-3456.

Up to 10 people can use the facility at 1 time

Filled time slots will not show up on the online schedule. Only open ones will.

If classes do not fill, members can use that time to practice

GOLF CLINIC INSTRUCTOR: PHIL MEYER

- Head golf professional at Teal Wing Golf Club, Hayward, WI for 11 years -

- Currently the Assistant Golf Professional at Wayzata CC -

- Has been teaching golf for 10 years -

- Has advanced over 40 high school golfers to state tournament -

There will be several PGA golf professionals involved with this program.

90-MINUTE GOLF FITNESS EVALUATION:

with Acceleration owner, Curt Carbaugh

\$150 for evaluation

Take home booklet with all warm ups, strength training, and stretches.

Personal training optional if needed.

**PGA Pros – rent our facility to teach your private or group lessons!
Call us today for more info!**



**Acceleration North
651.486.0020**

www.accelerationnorth.com • 3808 Dunlap St. N • Arden Hills, MN 55112