

Rock Harbor News

January 2015



Fitness Forward: Stay Fit for Golf



Jennifer Smith, Personal Trainer and
Golf Conditioning Specialist

Jennifer Smith is a personal trainer at Stonebrook Racket Club and a Golf Conditioning Specialist. On Wednesday, January 14, Jennifer will be at Rock Harbor to demonstrate some proper techniques to keep you in proper golf shape during the winter months.

Jennifer says:

A golf conditioning program is based on an evaluation of:

- Postural analysis—total body
- Balance/stabilization—basic testing and instruction. Flexibility—golf specific and major muscle groups. Muscular endurance/strength/stabilization
- Basic testing. Observation of posture during swing

To be consistently fit and meet the demands of the golf swing, we need to concentrate on improving or correcting:

- Flexibility
- Strength
- Stabilization
- Weight Shifting
- Balance
- Posture

On January 14 Jennifer will demonstrate some of the techniques she uses to help keep golfers fit during the winter months.

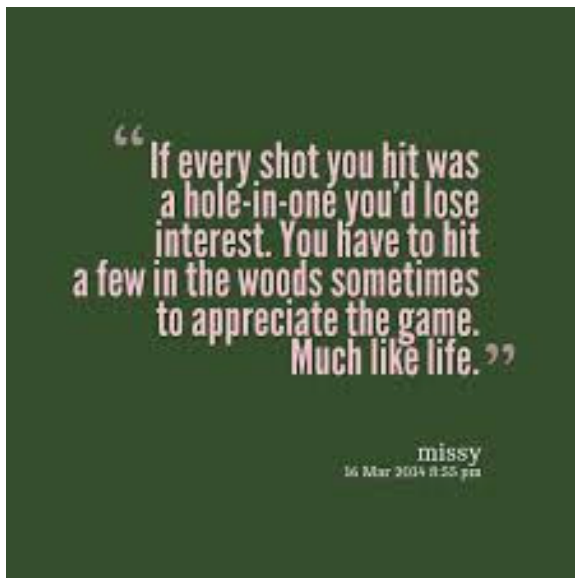
**Join us Wednesday, Jan. 14 for a Fitness Social
RSVP to Chip by Monday, Jan 12th 722-9678
Appetizers will be served**



Construction News

By Denny Perry:

I am still continuously asked if the course will be open next year. The answer is, Yes. The course will be open next year. It will be open no later than the first day of summer, which is June 21, 2015. We would love to see the opening date be sooner, but all that will depend on the greens being ready for play.



Welcome!

Welcome to our new Members!

Susan Allen
John Hutzler
Kevin Dunham
Brad Kief
Scott Simkins
Tim Cline
Kevin Wingfield
Geoff LeMarr
Mike Birchenough

Winter Hours of Operation:

Golf Course Winter Hours: Everyday 8 a.m.-5 p.m.

Grill: **Breakfast** (everyday) 7-11 a.m.

Lunch (everyday) 11 a.m.-5 p.m.

Dinner Saturday 4-8 p.m.

Pro Shop: Everyday 8 a.m.-5 p.m.

Range: Everyday 8 a.m.—4 p.m.