



HASHEM GOLF & FITNESS



Control Your Game ✓



GOLF LESSONS & COACHING

Golf Lessons & Golf Fitness Program

- Private & Semi-Private Lessons

- **Junior Coaching:** Golf Lessons, Camps & Golf Fitness

- Seasonal Coaching Program

- Winter Fitness & Golf Program

- Video Analysis

- Playing Lessons

LESSON SERIES INCLUDES:

- Fundamentals

- Swing Analysis

- Short Game Skills

(Putting, Chipping & Pitching)

- Bunker Play

- Practice Drills

FITNESS PROGRAM FOR GOLF

- Stretching

- Speed Training

- Power Training

- Isometric Training

- Weight Training

- Body Analysis

Online Golf & Fitness Lessons



Hashem Mehdizadeh, Teaching Professional

- * Director of Instruction, DiamondBack Golf Club
- * PGA of Canada Class 'A'
- * Teaching & Coaching Certification Program, Level 4
- * Canadian Certified Golf Fitness Instructor, Level 2
- * National Coaching Certification Program, Level 3

647-299-9219

hashemgolf.fitness@gmail.com

