









GOLF LESSONS & COACHING

Golf Lessons & Golf Fitness Program

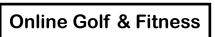
- Private & Semi-Private Lessons
- Junior Coaching: Golf Lessons, Camps & Golf Fitness
 - Seasonal Coaching Program
 - Winter Fitness & Golf Program
 - Video Analysis
 - Playing Lessons

LESSON SERIES INCLUDES:

- Fundamentals
- Swing Analysis
- Short Game Skills

(Putting, Chipping & Pitching)

- Bunker Play
- Practice Drills





Lessons

FITNESS PROGRAM FOR GOLF

- Stretching
- Speed Training
- Power Training
- Isometric Training
- Weight Training
- Body Analysis

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

