



Cantigny Golf Academy Announces Winter/Spring Workshop Series

WHEATON, IL, January 29, 2012 — The Cantigny Golf Academy is offering an affordable evening workshop series designed to help golfers play better, stay healthy and get more enjoyment from the game.

The 90-minute workshops will be conducted twice each month by Dr. Paul Callaway, Cantigny Golf Academy's director of golf fitness, with assistance from other teaching professionals at the Academy. Instruction is presented in an interactive format appropriate for golfers of all ages and skill levels.

"Each session focuses on a key element of successful golf performance," said Callaway. "At the Academy we emphasize an integrated approach to learning the game. It's not just about professional swing instruction. We also cover practice techniques, choosing the right equipment, golf-specific physical training and the mental side of the game. All of these things fit together."

The cost per workshop is \$10 for individuals or \$15 for couples. Junior players under age 18 are free with a paying adult.

Golf Academy workshops begin at 7 pm. Here is the winter and spring schedule:

- **The Pros' Secrets to a Stress-Free Swing**
Thursday, February 9
- **The "Mind-Body-Swing" Connection**
Thursday, February 23
- **Total Golf Conditioning for Improved Power and Distance**
Wednesday, March 7
- **How to Set and Achieve Your Goals**
Wednesday, March 21
- **Golf Flexibility and Strength Training for Explosive Power and Distance**
Wednesday, April 4
- **Simple Conditioning Secrets to Prevent Common Golf Injuries**
Wednesday, April 18
- **Improve Your Golf Posture to Improve Your Game**
Wednesday, May 9
- **Stable Spine Angle for More Accuracy, Consistency and Power**
Wednesday, May 23

Class sizes are limited to ensure a good learning experience. To sign up for one or more workshops, or for more information, golfers should call the Cantigny Golf Academy at 630.260.8199.

Summer workshops will be posted soon at CantignyGolf.com, where golfers also can sign up for “In the Loop,” Cantigny Golf’s free e-newsletter.

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About Cantigny Golf

Cantigny Golf, part of the Robert R. McCormick Foundations, opened for play in 1989. That year, *Golf Digest* magazine named it the “Best New Public Course in America.” Cantigny has hosted the Illinois State Amateur three times and also the 2007 U.S. Amateur Public Links Championship. The 300-acre Cantigny Golf complex includes 27 scenic holes, the year-round Cantigny Golf Academy, the 9-hole Cantigny Youth Links and a full-service clubhouse with dining and banquet facilities. For more information, please visit CantignyGolf.com.

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