

# Golf '97...Golf '97...Golf '97...Golf '97...Golf '97...

## Where to tee it up locally

### Acton Meadows (853-0631)

9 holes, 3100 yards, par 35, semi-private  
4955 Dublin Line (1 km north of Hwy. 7)  
9 holes—\$18 Mon-Thur/\$14 Fri-Sun  
18 holes—\$26 Mon-Thur/\$22 Fri-Sun/twilight \$15

### Blue Springs Golf Club (853-0904)

27 holes, 6,821 yards, par 72 (18), semi-private  
Dublin Line, west of Hwy. 25, south of Hwy. 7  
\$59 weekdays & holidays before noon/\$49  
weekdays & weekends after noon/\$28 twilight

### Calerin (833-2168)

9 holes, 6562 yards (18), par 72 (18), semi-private  
9521 10 Side Road (15 minutes north of  
Georgetown)  
9 holes - \$16 Mon-Thur/\$20 Fri-Sun  
18 holes - \$20 Mon-Thur/\$30 Fri-Sun

### Georgetown Golf Club (River's Edge) (877-6011)

18 holes, 6,100 yards, par 71, semi private  
Mayfield Rd. (1 km north of River Dr.)  
\$32 Mon-Thur/\$45 Fri-Sun/\$17.10 twilight  
Georgetown Golf Club is offering some  
special early season green fees of \$17.10 on  
weekdays and \$26.75 on weekends.

### Hornby Towers (878-3421)

18 holes, 6,740 yards, par 72, public  
Hornby Rd. (just west of Trafalgar Rd. and  
Steeles Ave.)  
\$32 weekends/\$30 weekdays/\$21 twilight

### North Halton Golf and Country Club (877-5236)

### Acton Meadows Golf Club presents

**1997 Tuesday Night Ladies League:  
Ladies League Membership: \$250.00\*\***



- \*Recreational Fun League
- \*Tee Reserved Weekly from 5:00 - 6:00 p.m.
- \*Foursomes prepared by club
- \*Great way to meet new friends
- \*Weekly Prizes

Membership includes:  
Ladies League Green Fees for 1997  
Ladies League Prize Fund for 1997  
Handicapping and Scoring  
Pro Shop Merchandise and Green  
Fee Discounts

\*\*Please forward by May 7



ACTON MEADOWS GOLF CLUB

853-0631

18 holes, 6,423 yards, par 72, private  
Maple Ave. and Trafalgar Rd.

### Erin Heights Golf and Country Club (833-9702)

9 holes, 5,900 yards (18), par 72 (18), semi-private  
R.R. #2 Erin (Dundas St. W. and 8th Line)  
9 holes—\$15 weekdays, \$17 weekends  
18 holes—\$21 weekdays, \$23 weekends

### Banty's Roost (843-9364)

27 holes, 6,100 yards, par 72, semi-private  
12600 Bramalea Rd. (one mile north of Mayfield  
Rd.)

\$26 weekdays/\$34 weekends  
The course also offers a twilight special of  
two players can play and a power cart for  
\$49.95 (tax included) after 4 p.m.

### Bolton Golf Club (905-880-1400)

27 holes, 6,400 yards, par 70, semi-private  
Highway 50, 6 km north of Bolton  
\$30 weekdays/\$40 weekend/\$17.10  
twilight (\$30 weekends)

### Derrydale (670-3030)

18 holes, 4,700 yards, par 65, public  
185 Derry Rd. (just west of Hwy. 10)  
\$28 Mon-Thur/\$30 Fri-Sun/\$16 twilight

### Victoria Park Golf Club East (519-821-2214)

18 holes, 6,500 yards, par 71, semi-private  
Victoria Rd. S. (10 km north of Hwy. 401, one  
concession east of Hwy. 46)  
\$33 Mon-Thur/\$36 Fri/\$39 Sat-Sun  
Victoria Park is offering reduced rates of  
\$25 on weekdays and \$30 on weekends until  
May 5.

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STARTS MAY 13

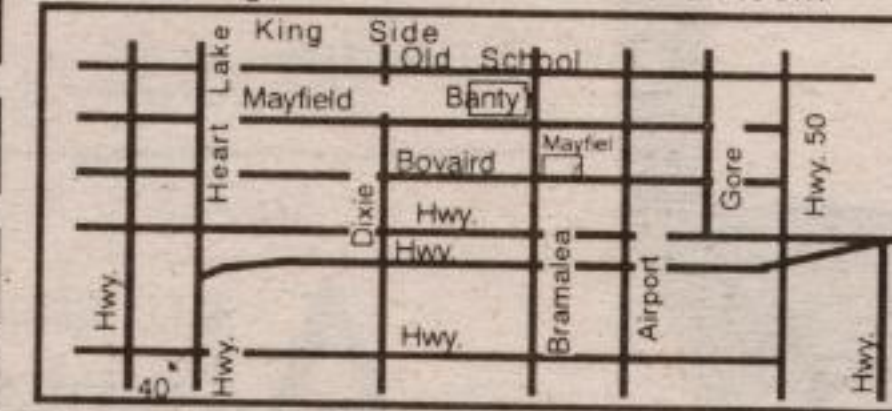
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G1-04/30/97



### BANTY'S ROOST GOLF & COUNTRY CLUB 27 CHALLENGING HOLES

- Tournaments & memberships welcome
- Fully lit driving range
- Featuring the acclaimed Orchard Room



With this ad receive  
**\$3.00 OFF**  
18 Holes  
of Golf  
(Mon.-Fri.)  
Exp. May 15/97.  
Not valid with any  
other coupon.

Tournaments call Kathleen  
416-920-5111  
Tee Off Call 905-843-9364  
Toronto Line 416-200-5200  
12600 Bramalea Rd., CALEDON

## GET THE RIGHT SWING THIS SPRING! GOLF TIPS!

Drop by our clinic for a complimentary  
copy of "Golf Stretches" and helpful golf hints.

Follow the Rehab PATH to Recovery



Physiotherapy Active Treatment towards Health



1. Do some stretching exercises to increase the circulation, to warm up muscles, and to avoid injuries before you begin to play. This is very important and often overlooked by many golfers. A proper golf swing demands that the back, shoulders, forearms, and legs are flexible and relaxed - so get stretching! Follow the P.A.T.H. golf exercises and stretches, or ask your therapist for the most appropriate exercises!

2. Be familiar with the most common golf injuries:  
• "shoulder impingement" or inflammation of one of the tendons at the shoulder causing pain with lifting the arm above your head;  
• "golfer's elbow", inflammation of a tendon causing pain at the inside of the elbow with wrist or elbow movements, and gripping objects; and  
• "back strain" causing pain in the upper, mid or lower back with twisting movements, prolonged sitting or standing.  
Pain that lasts longer than a few days with rest is not normal. Contact your physiotherapist if you think you may be injured.

3. If you realize you may have "overdone it", take time to gently stretch out those stiff and tight muscles. A warm bath, shower or sauna does wonders to relieve those aches. If you think you may have really injured yourself, apply ice and rest the sore area to prevent further injury and swelling - contact your doctor and/or physiotherapist for further advice as soon as possible.

**BAYNES PHYSIOTHERAPY GEORGETOWN**  
110-99 Sinclair Avenue, Georgetown  
(905) 873-4964

## CALERIN GOLF CLUB

presents

### 1997 THURSDAY NIGHT MENS LEAGUE

- Recreational fun league
- Tee reserved weekly from 4:30 pm to 5:30 pm
- Foursomes prepared by club
- Great way to meet new friends
- Weekly prizes

### 1997 MENS LEAGUE MEMBERSHIP: \$275.00\*\*

Membership Includes •Mens League Green Fees for 1997  
•Mens League Prize Fund for 1997  
•Handicapping and scoring  
•Pro Shop merchandise discount 10%

\*\*PLEASE FORWARD BY MAY 15, 1997



**CALERIN GOLF CLUB**  
R.R.#2  
ERIN, ONTARIO  
NOB 1T0  
519-833-2168

CALERIN GOLF CLUB

