

GET IN THE SWING OF THINGS

Get the Right Swing this Spring GOLF TIPS

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.

Baynes Physiotherapy Georgetown

Follow the Rehab PATH to Recovery

99 Sinclair Avenue, Suite 110



(905) 873-4964

Physiotherapy Active Treatment towards Health

First new Golf Pro at Caledon Country Club

Caledon Country Club is looking forward to a great 1998 with the first new golf pro at the Club since its' inception in 1960.

Kevin Purcell is replacing Gar Vasey who retired in October 1997, after 37 years at Caledon Country Club.

Kevin is looking forward to the Club's opening early in April, with a totally renovated Proshop and many new lines of clothing and equipment.

Kevin comes to Caledon from Sarnia Golf and Curling Club where he worked and taught for the past seven years. Kevin is a Class "A" member of the Canadian Professional Golfers Association and the Ontario Professional Golf Association.

Kevin and his professional staff will be offering a series of clinics aimed specifically at juniors, women and men and will also be available for private lessons.

Caledon Country Club is a scenic fully public 18-hole championship golf course in the heart of the Caledon Hills. The course measures 6,140 yards and has a slope rating of 132. In addition there is a driving range and 30,000 square foot Clubhouse which houses four banquet rooms and a fully licensed restaurant with outdoor patio. The course and restaurant are open from dawn to dusk and tournaments and weddings are welcome.

Derrydale Golf Course

PAR 65 PUBLIC
GOLF COURSE

Derry Road West of Hwy. 10
in Mississauga

(905)
670-3030



Erin Heights Golf Course

SCENIC-CHALLENGE
9-HOLE COURSE

Hwy. 10 North to Hwy. 24 (Village of Caledon) west on Hwy. 24
to the Village of Erin, right on Dundas St. W. to

Erin Heights Golf Club, Erin.

(519) 833-9702

PUMA GOLF

GROUP GOLF LESSONS START APRIL 28

GOLF
BEGINNERS
"Preshot" Routine, Target,
Alignment, etc.

ADVANCED GOLF
TECHNIQUES
Lower Score, Cures for Slice,
Hook, etc.



116 Guelph St.
(at Maple)
873-7825



Mon.-Tues.-Wed.-Fri. 9-6 Thurs. 9-7 Sat. 9-5

the co-operators A Better Place For You™

In conjunction with the Halton Hills Fire
Department is pleased to hold a

Fund Raising Golf Tournament Monday June 1, 1998

Georgetown Golf & Country Club

(North West of River Road and Mayfield Road)

1:00 p.m. Shotgun start, rain or shine

Scramble format -
combined score of foursome
\$100 per person/\$400 per foursome

18 holes, power golf cart, prime rib dinner,
prizes and a hole-in-one
contest are included, plus a live band at 8 p.m.

Looking for hole sponsors and advertisers

For tournament information please call
Ray Johnson 877-0131
Brian Ellsworth 877-1133



All profits from the tournament will go to
the Halton Hills Fire Department

Great Golf...
...is just the Beginning
OPEN TO THE PUBLIC
Pay-as-you-play • Driving Range • Tournaments • Weddings
Meetings • Christmas Parties • Company Picnics
Licensed Restaurant and Bar
Fully Stocked Pro Shop
Lessons • Clinics
We are pleased to welcome our new golf pro,
Kevin Purcell for the 1998 season!
Look for our upcoming golf clinics and lessons
For more information or to view our facilities call:
Office: (905) 838-0200 Proshop (905) 838-0121 Fax (905) 838-2003
2121 Olde Baseline Road, Inglewood L0N 1K0