

“GET IN SHAPE” Summer Conditioning Class

PSC, in cooperation with The First Tee of Pittsburgh is pleased to present a pre-season “get in shape” program for its membership. This program will run one evening a month from July through December. It will include cardio and balance exercises under the direction of Doreen Costello, a certified physical trainer and assisted by a student from Pitt’s Graduate School of Health and Physical Activity.

The classes will be held in the education room located at the Bob O’Connor Golf Course at Schenley Park, home of The First Tee of Pittsburgh (TFTP). Frank Rosenzweig a club member and a coach with TFTP has arranged for the facility. Each session will begin at 7:15 PM and last until 8:30 PM and will be held on the third (3rd) Wednesday of each month. Space is limited to 10 members, so early sign up via the coupon in the newsletter is critical. To insure that our members are committed to this program, a nominal fee of \$12 will be charged. Checks should be made out to PSC (as usual) and sent with the coupon to Kim Falk.

A bit of information about TFTP: The First Tee of Pittsburgh was established in 1999 as one of the early chapters of the national organization that began in 1997. The World Golf Foundation founded the First Tee, along with partners the USGA, the LPGA, the PGA Tour and the Augusta National Golf Club. Its mission is to impact the lives of young people by providing learning facilities and educational programs that promote character development and life enhancing values through the game of golf. Caring mentors, golf instructors and life skill teachers use golf skill and life skill lessons to help instill in young people nine core values that are readily linked to the game: *Confidence, Respect, Judgment, Responsibility, Sportsmanship, Courtesy, Honesty, Integrity, and Perseverance*. The goal of The First Tee Life Skills Experience is to help young people learn how to transfer those values from the golf course to their everyday lives. These lessons for life are taught through a curriculum of golf-related exercises carefully designed by coaches, golf pros and academicians. Having fun is a focal point for the activity-based program that provides low-cost/no-cost instruction, equipment, and golf course access. No child or group is ever turned away for inability to pay.

As a result of our cooperative effort to bring the conditioning program to PSC, TFTP and the Bob O’Connor Golf Course are offering a discount to all ski club members who wish to play golf at the course. For those not familiar with the course, it is a walking-only facility (hand carts are available) that is rated as one of the 100 top short courses in the country by Golf Week Magazine. Ski club members, upon showing their current membership card, may play anytime for a cost of \$10. This is a good deal, and should augment the club’s goal of membership fitness.

Please Print: (One name per application)

Name: _____
Address: _____
City, St,
Zip _____
Phone: _____

Member #: _____
Email: _____

Cost: \$12 for 6 sessions

Please make your check for \$12 to: Pittsburgh Ski Club

Mail to Kim Falk, 25 N Harrison Ave #5, Pittsburgh, PA 15202. Space is limited so sign up today for the six conditioning classes. Enclose a self-addressed stamped envelop so we can send you more details.

Always consult your physician before engaging in any physical conditioning program. As with all PSC activities, participation is at your own risk.