

GOLF & BODY — NYC —

Golf & Body NYC Offers Unique Golf and Fitness Academy For Juniors



New York, NY (Aug. 26, 2015) ... Golf & Body NYC—the private club in midtown Manhattan that offers golfers the ultimate setting for enhancing their performance—has created a one-of-a-kind Junior Golf and Fitness Academy for young golfers who want to significantly improve their games. A team of golf instructors and performance coaches works individually with each student to create a personalized workout and golf practice program.

Designed for junior golfers who want to play better, aspire to compete, or to play golf in college, the Academy provides both golf instruction and a structured, individualized, golf-specific workout program.

Offered in one- and two-day sessions after school on Monday and Wednesday and on Saturday mornings, each Academy program begins with detailed assessments of both the student's physical condition and technique, full swing and short-game.

After a full evaluation, Golf & Body's team of instructors use Tour-tested tools including TrackMan Launch Monitor, video analysis, and Sam PuttLab to teach and monitor progress. The club's performance trainers will create a customized fitness and practice plan for increased strength, mobility, stability, balance, sequencing, speed, and power.

Other services in the Academy's curriculum include club-fitting analysis provided by True Spec Golf; nutrition advice for both on and off the course; college preparation and guidance; and periodic progress reports.

Among the Academy's benefits are:

- The same high-level assessment and training received by PGA Tour players

- Reduced risk of injury
- Improved shot distance and accuracy
- Overall coordination
- Improved stance and swing technique
- A prescriptive off-season plan to maximize in-season play

The Junior Golf & Fitness Academy—open to all juniors ages 7 to 18 (club membership not required)—will be offered at Golf & Body’s midtown Manhattan location in two 12-week sessions: From September 28-December 19, 2015; and from January 11-April 4, 2016. Each 90-minute session will be split between fitness and guided practice/instruction. Prices for the 12-week session start at \$1800 for a one-day academy per week.

Golf & Body also offers a special annual Junior Academy membership that features all of the same elements—including assessments and analysis of both a player’s physical condition and techniques—as the academy. The junior member receives 60 one-hour, one-on-one sessions of instruction and training per year (worth nearly the price of membership) and also has full access to all club amenities and facilities such as seven golf simulators, the state-of-the-art gym, club storage, and other services. The membership, for ages 12-18, is \$13,500. There is a limit of 12 Junior Academy memberships.

For more information about Golf & Body NYC, contact Jeannine Harrington, general manager at (212) 244-2626 or visit www.golfbodynyc.com

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