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REMINDERS

As the weather starts getting nicer, please make sure to watch for the arrow when pulling into the complex. An arrow pointing straight ahead means we will be outside for golf and meet on the patio/clubhouse. An arrow pointing to the left means we will be inside.

UPCOMING EVENTS

Bench Painting Wednesday April 27th 1:30-3:30

help us beautify the course by painting the benches for the tee boxes!

NOGC Opening Day - Saturday May 7th Time TBA

email Erin to register ecraig@jointheturn.org

Art Therapy - Tuesday May 10th 1:00-2:00

paint your own flower pot!

NOGC Open House & Bake Sale - Saturday May 14th

all sales from the bake sale benefit The Turn

Weekly Fitness Focus A Whipping Good Time

The Turn staff always emphasizes the importance of warming up prior to participating in any sports activity. A golf research study has shown that dynamic, rather than static stretching, can increase your distance. During two recent sessions we practiced dynamic stretching with and without bands. Another warm-up alternative is the use of the Orange Whip®.

The Orange Whip® has a grip and a shaft with a weighted orange ball on the end and comes in varied sizes. The Whip® can improve flexibility, strength, coordination, and balance. In our next fitness lesson, our staff and volunteers will lead the members in drills using the Orange Whip® by following a YouTube video.

Weekly Golf Focus Width of Arc

The swing width is the distance from the clubhead or hands to your swing center. A wider arc usually means good extension of your arms away from your body. The longer the club to greater the width of arc. That being said, we want everyone to swing within yourselves. Remember to stay nice and balanced, not everyone's swing will look the same

Clubs to Bring:

Putter
Iron
Hybrid/Wood