



# The Jewel

Keeping you in touch with the TGC

March 29th, 2011

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## Contact Us

Email the Office ,  
donna@trurogolfclub.ns.ca  
(902) 895-2183  
Website:  
www.trurogolfclub.com



## TRURO GOLF CLUB WORK BEE ON SUNDAY, APRIL 10th

### ADVERTISE WITH US

**YOUR  
COMPANY  
LOGO**  
could be here,  
or elsewhere in  
the spotlight,  
reaching all  
members !!



Contact  
**DON MCMILLAN**  
For more info!  
**902-899-0099**

Are you going to be at the Masters on April 10? Well you can be if you join other club members from 11:00 to 3:00 for a Worker Bee followed by chili and A beer and the opportunity to watch the final round on the big screen. No need to register but just show up for all or part of the day. Things to bring - A fan rake, gloves, a smile, a willing spirit and a semi strong back. We will be cleaning up around our greens and fairways, picking up branches and looking at our sand traps and anything else Caralynn can think of. Did I mention we need you to bring fan rakes? Hope to see you there.

Brian Matthews, Chair, Greens and Grounds Committee.



# Membership Dues

## Early DUES Payment Incentive

If your dues are paid in full before **April 1<sup>st</sup>, 2011** you will receive **3 FREE** green fee passes for the Truro Golf Club, entered into a draw to win Titleist Golf Balls or a new Taylor Made R11 Driver



ACTIVATE DISTANCE >

## New Member Incentive IS BACK!!!!

The incentive program encourage new members has been continued this year. Existing members can earn credit on their clubhouse account for referring new members. If a friend or neighbour is considering membership and you, as a member, are pivotal in their decision to join, they need only mention that you are the referring member.

Based on the category of new membership that is referred, your account will be credited. A full or partial membership referral will credit your account \$50.00. A family membership, \$100.00; Husband/Wife membership, \$75.00; Intermediate A, B and Student membership, \$30.00; and Junior membership referral will reward you with a \$20.00 credit.

**Only one incentive credit reward will be issued for each new member.**

# Membership Services

## NEW in 2011- Improvements to Club Storage Service

Members of the Truro Golf Club will now have access to a more "user-friendly" and efficient club storage service. Based on feedback from members and staff, we have decided to take a new approach to our offering and refocus our energy to maximize the service and the financial impact to the TGC.

Our goal in 2011 is to embrace a new service commitment of:

- *Commit to every club cleaning with 100 percent dedication*
- *Provide friendly attentive service*

### **THE FOLLOWING IS A SCHEDULE OF SERVICE LEVELS FOR 2011**

#### **Opening Day - May 23rd: Reduced Offerings**

- **Club Storage Only** - no cleaning or retrieval the back shop will not be staffed but new security measures will be implemented.

#### **May 23<sup>rd</sup> - September 26th: Full Service Offerings**

- **Club Storage**
- **Club Cleaning**
- **Club Retrieval Service**

#### **September 27th - Closing Day: Reduced Offerings**

- **Club Storage Only** - no cleaning or retrieval the back shop will not be staffed but new security measures will be implemented.

## MEMBERSHIP SERVICES- Price List

all prices listed are before HST

<b>Full Service ** BEST DEAL **</b> (storage, cleaning, range, use of push cart) Family \$460.00 Senior \$210.00 Junior \$170.00	
<b>Club Storage Only</b> (storage, cleaning, use of push cart) Family \$275.00 Senior \$100.00 Junior \$90.00	
<b>Range Only (Member)</b> Family \$270.00 Senior \$145.00 Junior \$95.00	
<b>Push Cart Only</b>	\$79.00
<b>Caddy Storage</b>	\$45.00
<b>Locker</b>	\$39.00

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READY FOR THE GOLF  
SEASON



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# TRX Suspension Training Golf Program

JOIN OUR FACEBOOK GROUP | FORWARD TO A FRIEND

Improve your Golf Game in 6  
Weeks!  
March 28, 2011 - May 6, 2011

Drive for power with the SHOCK Conditioning TRX Golfer's Workout Program. You'll gain crucial shoulder mobility, build lower-body stability, and tap into your full upper-body power. Develop the stance and swing you need to achieve measurable results in your game, and put some distance between you and your golfing buddies in 6 short weeks.

It's a fact, golfers need a strong core to maintain posture and transmit force into their swing - TRX Suspension Training is "all core, all the time".

## **WHY TRX Suspension Training for GOLF?**

- Develop Strength & Power for a longer drive
- Improve Flexibility & Balance for reduced risk of injury
- Improve Body Awareness
- Develop Functional Core Strength
- Increase Endurance

No matter what your 'handicap', the TRX Suspension Trainer is a lean, mean, golf-tuning machine!

## **TRX Golf Program Details**

6 Week Program



(1 or 2 days/week)

Monday's & Wednesday's at 9:15am

Tuesday's & Friday's at 5:15pm

\*all sessions are 45mins\*

**\$59** (1 session/week) or **\$89** (2 sessions/week)

10% OFF 1-Hour Massage

**REGISTER NOW: SPACE IS LIMITED!**

**(902) 843-4150**

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Shock Conditioning Fitness Solutions

105C Walker Street

Truro, Nova Scotia B2N 4B1

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