

Golf • West Vancouver

New Merchandise is starting to arrive at
Gleneagles Golf Shop.



New Titleist Hats \$19.99 plus HST

Plus we have some great specials on last
year's stock!

ALL remaining golf polos - ONLY \$20 each

Titleist & Ogio Golf Bags - \$99 each

Footjoy Golf Shoes - 50% off

Larson Station Restaurant

Wednesdays - \$ 9.99 Family Pasta Night

Fridays - Live music from 7pm

Sundays - \$ 19.99 Steak Night and

Live music from 6pm.

Reservations recommended - 778 279 8874

Save the Date

Ambleside Par 3

Grand Opening

Come by Ambleside Par 3 on Saturday,
March 31, for the opening of Ambleside and
free 20-minute golf lessons given by PGA of
Canada Golf Professional James Presnail.
Pre-registration only. Details coming soon
in the Spring | Summer Leisure Guide 2012.



Larson Station Restaurant Hours for February:

Wednesday & Thursday - 12 p.m. - 8 p.m.;

Friday - 12 p.m. - late;

Saturday & Sunday 9 a.m. - 8 p.m.;

Closed Monday & Tuesday



Gleneagles Golf Shop Hours for February:

Daily 8:00 a.m. - 3:30 p.m.

We have great winter rates in effect until
February 29th.

Golf Tip - Finding your target

So many times in golf we forget that our objective is to propel a ball towards a target. We get so caught up in "trying" to hit the ball that we forget that what is most important is not the ball but the target.

Here is a tip to help you stay aware of the target throughout your full golf swing.

Pick a target either on the range or on the golf course. Create a very clear picture of that target in your mind. Your visualization of the target should be so clear that you can still picture it when you look down at the ball. With this picture in your mind take a golf swing. REMEMBER don't ever lose the picture of the target from start to finish. You may find the golf ball becomes fuzzy to your eye or that you are no longer staring at the golf ball but merely gazing at it. If you can get into this state you are much more attached to the target and your body will eventually react accordingly.

Target awareness is something most amateur golfers have not given much practice, however consider this statement: Most professional golfers stare at the target and glance at the golf ball; most amateur golfers glance at the target and stare at the golf ball. Food for thought!



Tom Monaghan
PGA of Canada Golf Professional
Owner Monaghan Golf Inc.

Now booking 2012 Golf Tournaments...

[View our 2012 Packages](#)

[Fill out your Application](#)

Call Becca or James or 604-921-7353 or email golf@westvancouver.ca for more information.

Winter Green Fee Rates

Adult Rate: \$18

Senior Rate: \$14

Junior Rate: \$12

All rates are HST inclusive and in effect until Feb 29th.

Need new grips?

James Presnail our PGA of Canada Golf Professional can provide you with new grips to start the new year off right. Grips start at only \$5 per club and include labour.

Call the golf shop at 604-921-7353 to speak with James or drop by for a visit.

Follow Us

Facebook:
[facebook.com/
GolfWestVan](https://www.facebook.com/GolfWestVan)

Twitter:
[twitter.com/
golfwestvan](https://twitter.com/golfwestvan)

Gleneagles:
604-921-7353

Ambleside:
604-922-3818

Email:
golf@westvancouver.ca

Larson Station:
778-279-8874

Email:
info@larsonstation.ca

Book your tee time
online:
westvancouver.ca/golf