



JOIN A GOLF LEAGUE

Do you want to play more golf? Do you want to meet new people? Do you enjoy friendly competitive events on the golf course? Do you want to keep a USGA "GHIN" handicap?

If you answered **YES** to any of these questions, then join a South Suburban golf league. Each of our four courses has leagues to accommodate your interests. Leagues for men, women, and seniors are now accepting applications for the 2011 golf season.

To significantly drop your league play cost per round, consider purchasing a pass for 10, 20, or 30 play greens fees and a cart use pass. These passes will allow you the opportunity to play more golf at a reduced price.

Please see details about the different leagues available throughout the district below and join us for a fun and exciting season.

LITTLETON GOLF & TENNIS CLUB

- **Littleton Men's Golf Club.** Play begins March 26th and runs through October. Tournaments include 2 day member/guest and member/member and 3 day club championship. Fee is \$105 and includes tournament entry fees, handicap, and social events. For information contact Henry Wightman at hwightman@aol.com.
- **Littleton Ladies' Golf Clubs.** Littleton Golf & Tennis Club has a 9-hole and an 18-hole ladies' club, which are both full at this time. However, they do have a waitlist for this year and for future seasons. Please contact the golf shop at 303.794.5838 for information.

LONE TREE GOLF CLUB

- **Lone Tree Men's Golf Club.** Play begins on March 19th and runs through October. Tournaments include 2 day member/guest and member/member and 3 day club championship. Fee is \$300 and includes tournament entry fees, handicap, and social events. More information is available at www.ltmgc.com or contact Derek Dodd at dodd1golf@comcast.net.
- **Lone Tree 18-Hole Ladies' Club.** The Lone Tree 18-hole Ladies' Club plays every Wednesday morning with the first tee time at 9:00 am in the spring and 7:30 am during the summer months. Play begins in April and runs through September. Registration fee of \$85 includes social events, USGA handicap, golf clinics & prizes. For information contact Clair Morong at clairm@comcast.net or download an application [here](#).

- **Lone Tree 9-Hole Ladies' Club.** The 9-hole Ladies' Club plays every Thursday morning from April through September. Tee times begin at 7:30 am to 9:00 am depending on the time of year. The registration fee of \$65 includes USGA handicap, social events, golf clinics and weekly prizes. For information contact Suzi Miller at suzi.miller@bluegrassltd.com.
- **Lone Tree 9-Hole Ladies' Evening Club.** Working, and can't play in the morning club? The Ladies' evening league plays on Monday's beginning in April through September. Tee times run from 3:30 pm until approximately 5:20 pm. The annual cost of \$60 is for social events and the year-end awards banquet. Contact Vicki Petricek at williamvicki@msn.com, for additional information or to join the league.

SOUTH SUBURBAN GOLF COURSE

- **South Suburban Men's Golf Club.** Play begins March 27th and runs through October. Tournaments include 2 day member/guest and member/member and 3 day club championship. Fee is \$195 and includes tournament entry fees, handicap, and social events. Find more information by clicking [here](#) or contact Bill Bryce at bbryce@dim.com.
- **South Suburban 18-Hole Ladies' Club.** The 18-hole club plays on Tuesday morning's beginning in April through September. Tee times begin at 7:00 am in the summer and 9:00 am in the spring. The registration fee of \$85 includes social events, USGA handicap and weekly prizes. For information visit their website [here](#) or contact Julie McQuat bjmcouat@comcast.net.
- **South Suburban 9-Hole and Par 3 Ladies' Clubs.** South Suburban also offers a Ladies' 9-Hole Club, a Par 3 Club and a Senior Women's Club. At this time, these clubs are full, but they do have a waitlist. Please contact the golf shop at 303.770.5508 for information.

FAMILY SPORTS CENTER

- **Family Sports Center** offers several options for league play. Men's 50+ league plays on Monday mornings from May through September, with tee times beginning at 9:00 am. For ladies there are Saturday and Tuesday morning leagues with tee times beginning at 8:00 am and Monday and Tuesday evening leagues with tee times beginning at 4:00 pm. For information and costs associated please call the Family Sports Center at 303.649.1115.

TO MAKE A TEE TIME ONLINE

[CLICK HERE](#)

COUPONS

For a list of current specials being offered at our facilities please click [here](#).

OUR 4 GOLF COURSES

[Lone Tree Golf Club & Hotel](#) 9808 Sunningdale Blvd Lone Tree, Co 80124 303.799.9940

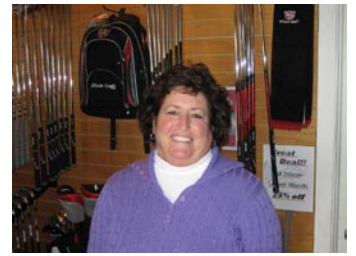
[South Suburban Golf Course](#) 7900 S Colorado Blvd Centennial, Co 80122 303.770.5500

[Littleton Golf and Tennis Club](#) 5800 S Federal Blvd Littleton, Co 80123 303.794.5838

[Family Sports Center](#) 6901 S Peoria St. Centennial, Co 80112 303.649.1115

MEET PATTY HARMON

Patty Harmon is an assistant golf professional at South Suburban Golf Course. Golf is one of Patty's passions. She has been part of the pro shop team for 19 years and has been instructing for the last 15 years the Arapahoe High School girls' golf team for 5 years and she now teaches all skill levels. Patty has the following tip to help you stay in shape over the winter.



After such a great fall, we are now dealing with the winter blues. The courses are covered in snow and it is cold out outside. Although we cannot get out and play, we can still stay in shape by completing some simple drills so we are ready for the spring.

To stay in shape, it is important to stretch & do a golf drill everyday! Below are simple exercises:

- In a standing position, fold your arms in front of you and swing ten times. Swing first to the right, then to the left. Finish with your belt buckle and nose at the target.
- Practice your swing, if it is in an indoor area be sure there is high ceilings and plenty of clearance.
- Find a clear patch of ground and hit a tee, not a ball.
- Practice putting inside on carpet, there are many types of carpet that work well.

Be sure to stretch every day. If you are not sure what stretches you should be doing, check your local library for books and DVDs on the subject or visit any of the South Suburban Pro Shops and ask one of our pros for help. Also, the internet is always full of good and bad information. Check out the golf stretches that the Mayo Clinic recommends by clicking [here](#).

Completing golf drills and stretching everyday will keep you in shape to play some great golf when the snow does melt.

MERCHANDISE CORNER

Stop by any of our four Pro Shops for great shopping or pick up a gift card. We carry other great gifts as well. Our shops currently have a good selection of clubs, shoes, bags and apparel. Come in and see what is available. We are always happy to special order something.

TELL THEM TO STAY AT LONE TREE GOLF CLUB & HOTEL

Whenever you have friends or family visiting from out of town, be sure to tell them to stay at Lone Tree Golf Club & Hotel. The property features a championship 18-hole golf course, 15 spacious guest rooms, meeting and banquet space and the Out of Bounds Grill, with food and bar service available daily. Guest rooms are spacious with 1 king or 2 queen beds, a refrigerator, microwave and sink. Golf side rooms have a large balcony with gorgeous views overlooking the golf course. Hotel guests also receive complimentary continental breakfast and wireless internet. Lone Tree Golf Club & Hotel is also located near Park Meadows Mall, which boasts 185 shops and restaurants to entertain your guests.

Contact Lone Tree Golf Club & Hotel at 303.790.0202, and ask about special rates. For more information visit our website by clicking [here](#).

THE AVALANCHE GRILL AT FAMILY SPORTS CENTER

The Avalanche Grill takes its name from one of Denver's Superstar Teams; the Colorado Avalanche. Why, do you ask? Well, Family Sports Center is the official practice facility for the Colorado Avalanche and, while you're sitting enjoying a burger at the Avalanche Grill, you can also watch the Avs prepare for their next big game. During the regular season, the Avalanche typically practices on non-game days when the team is at home. All practices are free and open to the public. Practice times are usually 10:30 a.m. or 11:00 a.m.

When the Avs are playing and you can't make it to the game, the next best place to be is at the Avalanche Grill. The grill features 8 draft beers on tap, great food at reasonable prices, 7 TVs and one of the best happy hours around town.

Happy Hour is Monday - Friday 4pm to 7 pm and features \$2.50 16 oz drafts, \$3.50 23 oz drafts, \$4.50 premium well drinks and \$4.50 house wines. Food specials are available daily and to-go orders are welcome. See you soon!



TALK TO US

If you have any questions, comments or concerns, please contact: BillR@sspr.org

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