

SPECIAL MEMBER EVENT



# BODY—SWING WORKSHOP

EMPOWER YOUR SWING THROUGH MOVEMENT

**DATE**

Saturday  
June 20, 2026

**START TIME**

11:00 AM

**LOCATION**

926 2nd St  
Encinitas, CA

**COST/REGISTRATION**

Through LPGA-A Chapter

**Aubree Smithey, PT, DPT, ATC, CSCS**

TPI Medical Lvl 3 | TPI Fitness Lvl 2 | SFMA Lvl 2 | FMS Certified | Golf Rehab Specialist

Physical Therapist with 15 years in golf rehab & functional movement. Certified Athletic Trainer and Strength & Conditioning Specialist helping golfers understand their bodies, move better, and play longer.

**WORKSHOP FOCUS — BODY—SWING CONNECTION**

- |                                |                                   |
|--------------------------------|-----------------------------------|
| ● Body—Swing Connection        | ● Mobility, Stability & Strength  |
| ● Pain & Swing Characteristics | ● Common Swing Faults Explained   |
| ● Injury Prevention & Recovery | ● Golf Power & Fitness Strategies |

**WORKSHOP DETAILS****WHAT TO EXPECT**

A focused, educational experience designed to help golfers understand their bodies, prevent injury, and elevate their game through movement science and practical insights.

**WHAT TO WEAR**

Athletic clothes you can move in  
Bring Socks you feel comfortable wearing  
To keep the area clean we ask that you remove your shoes on mats

**GETTING THERE****ADDRESS**

926 2nd St, Encinitas, CA  
Second Story of Church of Christ Building

Enter the Building on West(back) side of building up the stairs

**PARKING**

Any open spots available in the lot north or west of building  
Or legal street parking on surrounding street