

2024 SwingFit GolfAway



Wednesday, Feb 28

- 10am: Flight from Ottawa to Cancun
- 4pm: Approximate arrival at hotel
- Afternoon pool party
- Group buffet dinner

Thursday, Feb 29

- 7:45am: Shuttle to golf course
- 8-8:10am: Dynamic warm-up and mobility
- 8:30am: Shotgun start at Iberostar
- 3pm: Pool party
- 8pm: Casual buffet dinner

Friday March 1

- 7:45am: Shuttle to golf course
- 7:55-8:15am: SwingFit Coaching (full swing session)
- 8:30am: Shotgun start at Iberostar
- 3pm: Pool party
- 7pm: Japanese Hashiru restaurant

Saturday March 2

- 7:45am: Shuttle to golf course
- 8-8:10am: Dynamic warm-up and mobility
- 8:30am: Shotgun start
- 3pm: Pool party

Sunday, March 3

- 7:45am: Shuttle to golf course
- 7:55-8:15am: SwingFit Coaching (chipping and pitching)
- 8:30am: Shotgun start at Iberostar
- 3pm: Pool party

Monday, March 4

- 7:45am: Shuttle to golf course
- 8-8:10am: Dynamic warm-up and mobility
- 8:30am: Shotgun start at Iberostar
- 3pm: Pool party
- 8pm: Trivia Night

Tuesday, March 5

- 7:45am: Shuttle to golf course
- 7:55-8:15am: SwingFit Coaching (putting session)
- 8:30am: Shotgun start at Iberostar
- 3pm: Pool party
- 7pm: Group dinner at the El Puerto Steak House
- Final presentations

Wednesday, March 6

- Optional golf included
- 3:45pm: Return flight to Ottawa

There are optional day excursions available to visit Mayan pyramids and ruins, or to visit neighboring cities, which we will arrange on-site.

ClubEG Contacts

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