

NEW CLIENT ASSESSMENT & PRESCRIPTION

Initial Assessment & Prescription, 90min, \$169

A thorough consultation designed to assess where your game is currently at, and what you would like to do. Technology usage may include video camera, launch monitor and 3D analysis system, as well as skills testing and goal setting. This sets the foundation upon which your individual training programme will be formulated.

CASUAL LESSON MENU

45min lesson, \$89

A check up on any part of your game. Technology usage may include video camera, launch monitor and 3D analysis system. Designed to keep you on track and moving towards your goals.

60min lesson, \$115

A check up on any part of your game. Technology usage may include video camera, launch monitor and 3D analysis system. Designed to keep you on track and moving towards your goals.

90min lesson, \$169

A more thorough check up on any part of your game. Technology usage may include video camera, launch monitor and 3D analysis system. Designed to keep you on track and moving towards your goals. Additional time to facilitate skill development through supervised practice executing individually specific swing drills and exercises designed for you.

CREDIT PACKAGES MENU

Credit packages are basically pre-purchased blocks of time that are assigned to your lesson account as credit. The bigger the package, the more you save. Be pro-active and book a series of lessons ahead in time, or feel free to sit back & book a lesson when you want it – you have full access to your coaches online diary 24/7 and can book lessons, view your credit balance and/or past/future booking history.

	Individual	2 person share	3 person share	4 person share
4 hours	\$ 437	\$ 240 ea.	\$ 175 ea.	\$ 142 ea.
8 hours	\$ 851	\$ 468 ea.	\$ 340 ea.	\$ 277 ea.
16 hours	\$ 1656	\$ 911 ea.	\$ 662 ea.	\$ 538 ea.
32 hours	\$ 3128	\$ 1720 ea.	\$ 1251 ea.	\$ 1017 ea.

SPECIALISED LEARNING MENU

90min on course playing lesson experience \$175

The playing of the game over a few holes designed to assess and improve on course performance. Decision making, pre shot routines consistency and shot selection are but a few of the elements looked at. This shows us the strengths and areas for development of your game and assists us in formulating your individual training programme.

90min Club fitting experience \$149

A thorough assessment and evaluation of your clubs. Using the FlightScope Xi Tour launch monitor to assess key variables of your equipment make up to see whether the clubs match your swing for now and where you want it to be. Through comprehensive testing and getting a feel of your individual preferences we can be best placed to recommend the tools that will optimise your performance.

3D Biomechanical Analysis (AMM 8 sensor system) 2.0 hrs \$249

3-D motion analysis provides a quantitative evaluation of co-ordination and timing, swing dynamics, injury risk, dynamic postural control and range of motion, and swing consistency. From this, physical capabilities can be identified so that appropriate technical direction and intervention strategies can be implemented, helping players develop an efficient technique that places the body at minimal risk of injury. Postural awareness, flexibility exercises, biofeedback, and golf-specific exercise drills are introduced to aid technical development and the learning of new "feels" associated with swing improvements. This functional movement analysis of your golf swing is also integrated with a launch monitor to measure and correlate club delivery and ball flight information.

SAM PuttLab Analysis & Improvement Session 90 mins \$189

For most golfers 43% of the shots during a round are putts. Through ultrasound sensory technology SAM PuttLab analyzes the 28 most important parameters of your putting stroke. Using this system with your coach will improve your technical proficiency by establishing the root cause of your problems. By giving you enhanced feedback on your movement and a better understanding of your tendencies you will be well on the way to improved performance on the greens.

Half Day Programme \$499

Experience a half days quality coaching encompassing over 4 hours of improving your game, one on one. We will assess all components relevant to your game that will identify areas of required improvement. Includes lunch and drinks, provided the golfer is prepared for a long and intense session! This holistic programme includes

- ✓ Swing improvement through 3D motion analysis and launch monitor integration
- ✓ Equipment suitability testing through club fitting
- ✓ Analysis and improvement of your putting and short game skills
- ✓ An on course assessment, evaluating your pre shot routine, course management skills & overall state of your game
- ✓ Supervised practice time in working to improve identified areas of skill through compliance with recommendations

Players will leave with a thorough understanding of their games and will receive individually specific swing drills and exercises to further improve.

Yardages Measurement with FlightScope Xi Tour Launch Monitor 60 minutes \$125

Measure your clubs carry distances to help you make better informed decisions on course when you play. Using the latest in launch monitor technology we will measure your distances with all your clubs. This session will give you useful information to take on course and use to lower your scores as well as provide some information on your swing technique.

Train Like a Tour Player Programme \$15,000

This programme is simply the gold standard in coaching. Bringing you high performance coaching that is commensurate 'on tour' this programme encompasses a year long improvement process designed to improve your game and train in the same way as the playing professionals do. This programme includes

- ✓ A full set of custom fitted Titleist clubs (from driver through to wedges) that is yours to own
- ✓ A holistic approach to improvement covering all aspects of golf performance including technical, tactical, mental and physical components
- ✓ An awareness of the characteristics of elite level golfers and where you need to 'fill' the gaps
- ✓ Sessions with a physiotherapist to assess your body and bridge the gap between your body-swing link
- ✓ On course play and practice

ADULT GROUP CLASS MENU

Flying solo & wanting to join a group? or maybe you have a bunch of friends who want to learn together? then our adult group workshops are for you. Join an existing scheduled class or if your bringing along bunch, we are more than happy to open up & schedule a workshop at a time you want. Book/join as many as you want.

60 minute workshop \$35

Learning a specific aspect of the game in a fun and relaxed group environment. Paired with other golfers of similar ability this interactive medium is a great starting point in improving your game. Technical and tactical aspects of the skill will be covered.

90 minute workshop \$50

Learning a specific aspect of the game in a fun and relaxed group environment. Paired with other golfers of similar ability this interactive medium is a great starting point in improving your game. Technical and tactical aspects of the skill will be covered. Additional time for skill development training and more in depth understanding of the key learning elements.

