



#### ADAM BONNAR

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# **NEW GOLFER ASSESSMENT & PRESCRIPTION**

If you want to make every minute and \$ you invest in your own development really count, then look no further as this experience explores all facets (in & out of a lesson situation) that will influence what success you achieve and how quickly. This session is all about creating awareness & options for you to be able to make informed decisions about when, how & what to do next. Areas such as your physical capabilitie(s), golf equipment, golf movement ability, learning preferences, practice & training schedule, goal setting (to name a few) are addressed, assessed & defined where at the conclusion you will receive a simply action plan report.

\$159, 90min session with coach (includes report creation & follow up calls)

### **CASUAL LESSON MENU**

Directing your child on the path to the long term development in the game. High emphasis placed on physical literacy along with developing golf skills, and of course having fun. Different training aids/tools & video analysis may be used to help build the intellectual & feel based awareness recquired to acheiving success.

	Individual	2 student share	3 student share
30 min	\$50	n/a	n/a
45 min	\$75	\$43 ea.	n/a
60 min	\$100	\$57 ea.	\$43 ea.

## **CREDIT PACKAGES MENU**

Credit packages are basically pre-purchased blocks of time that are assigned to your lesson account as credit which can be used in a manner that suits a parents & students schedule and/or defined development plan ie. lesson duration v's lesson frequency. The bigger the package, the more you save. We make parent's lives easier by giving you full online access to view your credit balance, past/coming lesson bookings, reschedule or cancel and of course book appointments.

	Individual	2 person share	3 person share	4 person share
4 hours	\$380	\$218 ea.	\$165 ea.	\$138 ea.
8 hours	\$720	\$414 ea.	\$312 ea.	\$261 ea.
16 hours	\$1360	\$782 ea.	\$589 ea.	\$493 ea.
32 hours	\$2560	\$1472 ea.	\$1109 ea.	\$928 ea.





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# **ADULT GROUP WORKSHOPS**

A great option for new/beginner golfers wanting to 'test the waters' and see if golf is something they could enjoy, or experienced casual golfers simply wanting to give their game a little 'warrant of fitness tune up'

- √ 90 min workshops
- ✓ Groups aligned by experience level, with a maximum of 4 students per group
- ✓ Learning tailored to meet each invidual's needs as best as possible
- ✓ Time can be split/used how ever we want e.g. 45mins on 1 skill area, and 45mins on another.
- ✓ Equipment prodvided during class time at no extra charge
- ✓ Class time/dates pre booked in coaches diary, Register your place online via our webpage "Adult group classes" or via clicking "BOOK ADAM"

When going through the registration process you will encounter a simple online questionnaire which helps us understand what it is we can help you with & a little about yourself.

**\$59 per student** (includes \$8 bucket of 50 balls paid on your behalf to Takapuna)

## ON COURSE PLAYING EXPERIENCES

### Combo A

- ✓ Supervised pre-game warm up & basic refinement
- √ 1-3 hole on course playing lesson
- √ 1.5 hour total time experience
- · Greenfee\$ (course playing fee) & travel time\$ (if going to Redwood Golf Club) extra cost

Individual	2 person share	3 person share	4 person share
\$150	\$87 ea.	\$65 ea.	n/a

### Combo B

- ✓ Supervised pre-game warm up & basic refinement
- √ 4-9 hole on course playing lesson
- ✓ 2.5 hour total time experience
- ✓ Includes video summary of observations & recommendations
- Greenfee\$ (course playing fee) & travel time\$ (if going to Redwood Golf Club) extra cost

Individual	2 person share	3 person share	4 person share
\$260	\$150 ea.	\$113 ea.	\$95 ea.