

Scroll down the page to view a variety of Individual/Shared learning options for adults

Assessment & Prescription Service - \$160

This session is all about creating awareness and options for you to be able to make informed decisions about when, how & what to do next in the game. Areas such as your physical capability, golf equipment, golf movement ability, learning preferences, practice & training schedule, goal setting (to name a few) are explored where at the conclusion you can look forward to receiving a summary action plan report.

Includes

- 90min initial session with coach
- 30-45min spent by the coach to complete your prescription report which is then emailed out to you.
- 5-10min follow up to discuss findings and next steps

Suitable for

- New golfers wanting some direction as to where/how to start their golf development
- Experienced golfers where this will be their first session with a Coaches Inc. professional
- Anyone who believes in a holistic approach to development and wants to make every minute and \$ invested in the game really count

Casual lessons – Individual & Shared

What are casual lessons?

- Case by case learning when you need it. Select a time frame, book the lesson, take the lesson, and pay for the lesson. Typically used to develop movement techniques.

Suitable for?

- New, beginner or experienced golfers who want to book a few lessons to see if they like the coaches style, personality and/or game itself before committing to a more pro-active and cost effective development program such as our credit packages.

Whats included?

- Golf clubs for those who don't own their own, training aids which help to build the necessary feel based movement patterns, video analysis, and of course golf balls

	Individual	shared by 2	shared by 3	shared by 4
45 min	\$ 70	-	-	-
60 min	\$ 90	\$ 49 ea.	\$ 36 ea.	-
90 min	\$ 130	\$ 69 ea.	\$ 48 ea.	\$39 ea.



Credit Packages – Individual & Shared

What are credit packages?

- Pre purchased blocks of time that are assigned to your lesson profile as credit that be used when and how you want i.e. lesson duration & frequency & learning area.
- The credit can be used a number of ways; movement technique, mental, tactical development or even for on course playing lessons.

Benefits of credit packages

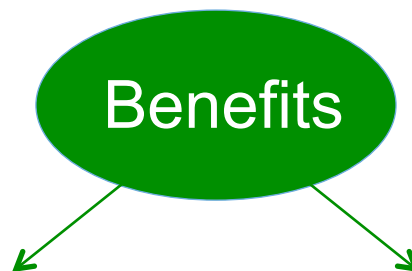
- The bigger the credit package, the more \$ saved. Secure and book a time/day that suits your schedule and development needs ahead of time.

	Individual	shared by 2	shared by 3	shared by 4
4 hours	\$ 340	\$ 184 ea.	\$ 130 ea.	\$ 105 ea.
8 hours	\$ 640	\$ 345 ea.	\$ 247 ea.	\$198 ea.



On the golf course playing lessons

The on course playing lesson can be one of the most enjoyable and valuable development experiences you will ever have with your golf coach.



Beginners

A popular choice by golfers who may have had a few lessons acquiring the various movement techniques and now want to head out and put them to the test on the golf course. The learning options are endless such as how to navigate yourself around the course in a timely & safe fashion, learning the essential game play rules & etiquettes, understanding the scoring system and associated game terminologies, but at the end of the day it's all about instilling enough confidence in our beginners to get out play more!

Elite or Experienced Golfers

Everything and anything that influences your scoring ability can be explored. Development options may include; pre-game routine, decision making on the course, mental/emotional control, your ability to self-diagnose when things go astray, a players movement technique efficiency, shot shaping, how you accommodate challenging lies/situations, energy levels, appropriateness of golf equipment. Feel free to tell us the areas you want support in or simply sit back & relax and let us work our magic!

	Individual	shared by 2	shared by 3	shared by 4
1.5 hours	\$ 130	\$ 70 ea.	-	-
2.0 hours	\$ 180	\$ 97 ea.	\$ 70 ea.	-
2.5 hours	\$ 220	\$ 119 ea.	\$ 85 ea.	\$ 68 ea.

Please note:

- Green fees (course fee) extra for non members of Redwood Park Golf Club
- Members of Redwood Park Golf Club only pay the coaching fee.