

NEW CLIENT ASSESSMENT & PRESCRIPTION

Initial Assessment & Prescription, 75min, \$195

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.

INDIVIDUAL CASUAL LESSONS

45min lesson, \$110

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, \$135

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, \$189

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.

GROUP CASUAL LESSONS

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.

	shared by 2	shared by 3	shared by 4
60min lessons	\$ 146 total	\$ 156 total	\$ 166 total

CREDIT PACKAGES

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	\$ 499	\$ 278 ea.	\$ 193 ea.	\$ 156 ea.
8 hours	\$ 943	\$ 523 ea.	\$ 374 ea.	\$ 305 ea.
16 hours	\$ 1825	\$ 1004 ea.	\$ 729 ea.	\$ 593 ea.
32 hours	\$ 3449	\$ 1897 ea.	\$ 1379 ea.	\$ 1121 ea.

SPECIALISED LEARNING MENU

90min on course playing lesson experience \$185

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.

60min 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 \$275

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 \$199

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 \$599

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.