

## Assessment & Prescription service - \$195 pp.

Our premium service that serves to create awareness and options for golfers to be able to make informed decisions about what, when & how they go about implimenting a development plan. Physical capabilitie(s), golf equipment, golf movement ability, learning preferences, practice & training schedule, goal setting are all but a few of the things explored in this session, and at the conclusion a summary action plan report is emailed out the golfer.

### Includes:

- ✓ 90min client & coach initial session.
- ✓ 45-60min prescription completion by coach (in coaches own time) which is then emailed out client.
- ✓ 5-10min phone discussion of the findings/report and next action steps.

## Credit Packages

Are basically 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, and cover all learning areas required to play & compete in the game. The bigger the credit package, the more \$ you save. Full online access to your account at your finger tips 24/7 where you can do a multiple of tasks such as book, cancel, reschedule or view up-coming or past bookings and of course check to see what your lesson credit balance is.

### Included

- ✓ Use of golf clubs during class times for as long as needed
- ✓ Video analysis & use of international renowned training aids which accellerates skill acquisition
- ✓ 40 driving range balls per 60min session for any 'driving range based class' (20 balls for 30mins etc.)

	Individual	shared by 2	shared by 3	shared by 4
<b>4 hours</b>	\$ 440	\$ 242 ea.	\$ 176 ea.	\$ 143 ea.
<b>8 hours</b>	\$ 840	\$ 462 ea.	\$ 336 ea.	\$ 273 ea.
<b>16 hours</b>	\$ 1600	\$ 880 ea.	\$ 640 ea.	\$ 520 ea.
<b>32 hours</b>	\$ 3040	\$ 1672 ea.	\$1216 ea.	\$ 988 ea.

## Casual lessons

Case by case learning when you need it. A great option for those who play every now and then and want a few work-ons to maximise their enjoyment when out playing. A common choice by new commers who want to first 'test the waters' to see if they like the coaches style, personality and game before making a bigger commitment.

### Included

- ✓ Golf clubs, training aids and video analysis when necessary.
- ✓ 40 driving range balls per 60min session for any 'driving range based class' (20 balls for 30mins etc.)

	Individual	shared by 2	shared by 3	shared by 4
<b>45 min</b>	\$ 90	\$ 50 ea.	-	-
<b>60 min</b>	\$ 115	\$ 63 ea.	\$ 46 ea.	\$ 37 ea.

## Adult group workshops - \$65 pp.

Our 90min adult group workshops provide the perfect blend of cost effectiveness with a relaxed & social environment ideal for the new/beginner or casual golfer wanting to either learn some new skills or refine some existing ones. Maximum of 4 students, minimum of 2 per group. Learning areas are tailored to the groups preferences. In summer, classes are offered bi-weekly, in the winter months we create groups subject to demand & coach availability.

### Included

- ✓ Golf clubs, training aids/tools provided free of charge during sessions for those who don't own equipment
- ✓ 10% off your bill if bringing along a friend, 15% if bringing 2.
- ✓ 40 driving range balls per 60min session for any 'driving range based class' (we coaches also pay for balls!)
- ✓ Video summary of the key learnings from the session

### How to register

1. If there are any set class dates, you will be able to register online via the coaches online diary. During the registration process you will be prompted to complete a simple Q&A questionnaire which helps us learn more about who you are & what you want to achieve in the game/session.
2. Can't see any class options? Give Adam a call on 021-812-117 and he will try to make up a group for you.

## On the golf course playing lessons

The on course playing lesson can be one of the most rewarding and enjoyable development experiences you will ever have. Essentially these experiences provide golfers with awareness and skills required to play the game and ultimately lower their scores. Chose between Takapuan Golf Course (North Auckland) or Redwood Park Golf Club (West Auckland). Prices exclude greenfee's (course playing fee's payable to the facility).

### Development options (not limited to)

- ✓ Pre game preparation i.e. mind/body/game warm up
- ✓ Pre & post shot routines i.e. decision making, emotional control, error detection, general mindfulness
- ✓ Accommodating difficult lies & situations and/or shaping the ball i.e. from under tree's
- ✓ Statistical analysis i.e. coach makes relevant notes which maps out why/how you score what you do
- ✓ Swing movement observation, identification & refinement
- ✓ Rules & Ettiquette of play

### Booking Process

1. Contact the coach directly to put forward your course/time/day preferences and learning objectives.
2. The coach will then ensure his and the golf courses diaries align to allow this to go ahead

	Individual	shared by 2	shared by 3	shared by 4
<b>1.5 hours</b>	\$180	\$ 99 ea.	n/a	n/a
<b>2.5 hours</b>	\$300	\$ 165 ea.	\$ 120 ea.	\$98 ea.