



Royal Colwood
GOLF CLUB

ADULT PRIVATE LESSON PROGRAMS

Private Lesson

Date:	All Year
Program Hours:	1
Ratio:	1 on 1
Description:	A single private lesson can cover anything and everything from grip, aim, posture, alignment, pre shot routine, mental game and tournament prep.
• Member Cost:	\$95
• Non Member Cost:	\$115
• Golf Professional:	All

Skill Set Swing Analysis

Date:	All Year
Program Hours:	1
Ratio:	1 on 1
Description:	An introductory type lesson that involves a physical analysis and club analysis with the use of TrackMan 4 technology to figure out how your future coaching program shall proceed. Once the Key Performance Indicator (KPI) has been decided, a specialized program is chosen under The Basics, Contact, Direction, Short Game, or Power Coaching Programs.
• Member Cost:	\$95
• Non Member Cost:	\$115
• Golf Professional:	All

The Basics

Date:	All Year
Program Hours:	8 hours, which includes 4 private and 4 group practice sessions.
Ratio:	1 on 1
Description:	This program is designed for a player looking to increase their understanding of the foundational elements of the golf swing. This includes Posture, Alignment, & Grip. In addition to the basic physical positions and motions in the golf swing this program equips the player with an understanding of basic ball flight laws; cause and effect. This program is great for players new to the game, new to instruction, and those looking to clarify concepts.
• 4 Week Member Cost:	\$365
• 8 Week Member Cost:	\$675
• 4 Week Non Member Cost:	\$416
• 8 Week Non Member Cost:	\$728
• Golf Professional:	All

Solid Contact

Date:	All Year
Program Hours:	8 hours, which includes 4 private and 4 group practice sessions.
Ratio:	1 on 1
Description:	This program is for the player who needs to make a significant improvement in their Ball Striking ability. The Skill Set Analysis data will be used to design a specific program for the player to improve factors which affect solid contact for improved efficiency of strike (more distance), better distance control, improved impact position, and improved spin rates.
• 4 Week Member Cost:	\$365
• 8 Week Member Cost:	\$675
• 4 Week Non Member Cost:	\$416
• 8 Week Non Member Cost:	\$728
• Golf Professional:	All

Shot Shaper (Direction)

Date:	All Year
Program Hours:	8 hours, which includes 4 private and 4 group practice sessions.
Ratio:	1 on 1
Description:	This program is for the player who needs to learn fundamentals that affect ball flight shape and trajectory and basic shot shaping principles. The player will also be introduced to Random Practice Concepts.
• 4 Week Member Cost:	\$365
• 8 Week Member Cost:	\$675
• 4 Week Non Member Cost:	\$416
• 8 Week Non Member Cost:	\$728
• Golf Professional:	All

Power Golf

Date:	All Year
Program Hours:	8 hours, which includes 4 private and 4 group practice sessions.
Ratio:	1 on 1
Description:	This athlete is looking to learn how to develop more club head Speed and Ball Speed. Using the results of baseline testing, we will take in considerations of the Physical Capacity, Golf Specific Mobility, Equipment Profiling, Kinematic Sequence and Technical Efficiency.
• 4 Week Member Cost:	\$365
• 8 Week Member Cost:	\$675
• 4 Week Non Member Cost:	\$416
• 8 Week Non Member Cost:	\$728
• Golf Professional:	All

Short Game

Date:	All Year
Program Hours:	8 hours, which includes 4 private and 4 group practice sessions.
Ratio:	1 on 1
Description:	This program will be specifically designed for the player based on their Skillset Analysis. The program will focus on the discrete skills of the short game area(s) prioritized.
• 4 Week Member Cost:	\$365
• 8 Week Member Cost:	\$675

- 4 Week Non Member Cost: \$416
- 8 Week Non Member Cost: \$728
- Golf Professional: All

PUNCH CARD LESSON PROGRAM

Punch Card Lesson Program

Date:	All Year
Program Hours:	6
Ratio:	1 on 1
Description:	Purchase ten 30 minute lessons that can be used with any of the Golf Professionals at the Academy @ Royal Colwood (ARC). For example: You could take your initial swing assessment with Mac McLeod, take a putting lesson with Craig Young, bunker lesson with Rich Chlopan, TrackMan yardage assessment with Justin Fram, and then finish off a driver optimization session with Derek Senft.
Member Cost:	\$449
Non Member Cost:	\$500
Golf Professional:	All