

Golf Coaching & Training Services 2021

| Private Coaching Lessons: | PGA Trainee | PGA Qualified |
|--|--------------------|----------------------|
| Private Session (30 mins) | R400 | R495 |
| 4 Lesson Package (4 x 30 mins) | R1,525 | R1,875 |
| 8 Lesson Package (8 x 30 mins) | R2,945 | R3,650 |
| 9-holes Course Strategy Session | R1,600 | R1,995 |
| Flightscope Lesson / Testing Session (60 mins) | R1,000 | R1,000 |
| Group Sessions: | | |
| Intro to Golf Beginner Course (6 x 1 hr sessions. Min of 3 People) | R999 (P/P) | R999 (P/P) |
| Flightscope Social Experience (2 to 4 Players. Incl. Drinks) | R1,200 | R1,200 |
| BSI Kids: | | |
| Private Session – Under 12 (30 mins) | R340 | R400 |
| 4 Lesson Private Package (4 x 30 mins) | R1,295 | R1,520 |
| 8 Lesson Private Package (8 x 30 mins) | R2,575 | R2,945 |
| Kids Group Coaching (Weekly Sessions) | R1,475/Quarter | N / A |
| Evaluations: | | |
| Swing Evaluation (90 mins) <i>Incl. Radar & 3D Data Capture, Skills Testing & Technical Analysis</i> | | R1,500 |
| Short Game Evaluation (60 mins) <i>Incl. Putting, Chipping, Bunkers & Pitching; Skills & Technical Assessments</i> | | R1,000 |
| Complete Golf Evaluation (Half Day) <i>Complete Package of Swing, Short Game & Fitness Evaluations</i> | | R3,500 |
| Performance Audit & Gap Analysis <i>Analysis of Competitive Statistics, Consultation & Recommendations</i> | | R1,000 |
| Fitness Sessions: Individual Sessions | | |
| Sports Scientist, Renee Reinecke | | |
| Fitness Assessment & Training Programme | | R995 |
| 1 session (45 minutes) | | R495 |
| 5 sessions | | R2,400 |
| 10 sessions | | R4,400 |
| Mental Coaching: Individual Sessions | | |
| Mental Coach, Mark Fairbank | | |
| 1 session (45 minutes) | | R685 |
| 5 sessions | | R3,100 |
| 10 sessions | | R5,695 |

All coaches are BSI Golf Certified
All prices inclusive of VAT and **exclude balls**
Sessions take place at Huddle Park