

## **Ready to Play Training Program**

This program is designed with the beginner golfer in mind and will provide a starting point for learning the fundamental skills required to play the game of golf. The curriculum we have created provides the foundation for learning the key concepts and practical applications for proper golf swing sequencing, functional grip and posture, and the first steps for developing a good impact position. This program is all about learning basic movement patterns and golf fundamentals to be able to enjoy the game more.

### **Program Breakdown:**

- 5 – Golf Skill Development Sessions – 1-Hour in Duration/Session
- 5 – Full Day Practice Passes – Practice Makes Permanent
  - Note: For the more seasoned, or developed golfer, the First Golf Skill Development Session can be substituted for our Swing Evaluation process to establish some baseline data for game improvement.

### **Learning Outcomes:**

1. Conceptual understanding of golf swing sequencing.
2. Conceptual understanding and practical application of workable grip and posture.
3. Introduction to the practical application of a functional impact position.

### **Price:**

- \$500.00 + Tax (Individual)
- \$750.00 + Tax (Semi-Private)
- Member Price
  - \$400.00 + Tax (Individual)
  - \$625.00 + Tax (Semi-Private)

### **Note:**

The *Ready to Play Training Program* does not use Trackman 4, or, K-Vest Human Motion Learning System during the golf skill development sessions, unless deemed necessary by the PGA of Canada Professional administering the program. Training aids in combination with drills and exercises will be employed and used to help with retention and progress throughout the learning process. Due to the introductory and fundamental nature of this program, it is the only Training Program at the Salem Ridge Golf & Academy that can be taken semi-privately (limited to a maximum of two people).