



# TRAIN TO PLAY

## (LEVEL 3)

The third development stage in our program is designed for juniors to enhance their whole game development. Physical and golf skill testing is completed in the first class of each session to provide our team with a baseline and ability to formulate a more personalized program plan for each group.

This program focuses on refining more complex golf-specific and athletic abilities, emphasizing consistency and challenging the young golfers. A physical fitness component is added to this group to increase their mobility, stability, power generation and overall athletic performance.

Technical lessons, on-course lessons, supervised practice sessions are all included to optimize each child's learning experience and fix individual issues. **MYTPI.com**, **MYTRACKMAN.com** and **SHOTBYSHOT.com** are used to help track progress, prescribe specific plans of attack, benchmark and archive each individual players data.

\* Train to Play meets 1 time a week and includes 2 supervised practices / 9-hole rounds per session (6:1 Ratio Max)

<b>4 Weeks</b>	<b>8 Weeks</b>	<b>12 Weeks</b>
<b>\$300</b>	<b>\$575</b>	<b>\$825</b>

TEAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Ages 4-5						*10:00am -11:00am	
Ages 6-8						*11:15am -12:15pm	
Ages 9-11	*4:30pm -6:00pm		*4:30pm -6:00pm			*Supervised Practice / 9 Holes 2:00 pm	
Ages 12-17	*6:15pm -7:45pm	*4:30pm -6:00pm *6:15pm -7:45pm	*6:15pm -7:45pm	*4:30pm -6:00pm *6:15pm -7:45pm		*Supervised Practice / 9 Holes 2:00pm	
ACE PRO	*8:00pm -9:30pm	*8:00pm -9:30pm	*8:00pm -9:30pm	*8:00pm -9:30pm	Per Schedule	Per Schedule	Per Schedule

**CALENDAR – 1 Session = 4 Weeks / 1 Term = 3 Sessions / Sign up is first come first serve**

Fall Term 2016: September 12<sup>th</sup> – December 2<sup>nd</sup> (1/2 Session December 5<sup>th</sup>-16<sup>th</sup>)

Winter Term 2016: January 9<sup>th</sup> – April 7<sup>th</sup>

Spring Term 2017: April 10<sup>th</sup> – June 30<sup>th</sup>

