

Weekender Warrior Package

This is designed for the recreational player who is looking to make some improvement to their game, but doesn't have the time to invest in a total overhaul. The focus in these sessions is to reinforce proper fundamentals and provide the learner with a sound understanding on basic mechanical concepts.

- 3 Private Lessons with Golf Lab Teaching Professional
- Golf Specific Biomechanical Analysis
- 1 Golf Fitness session with Golf Lab Fitness Professional

Value - \$475

Fee - \$395

Avid Player Package

The APP is for the golfer looking to make a significant improvement in their Ball Striking ability over the course of the off-season. This program kicks off with our Mini Skill Set Analysis. This baseline testing will be used to quantify the improvements you make while training at The Golf Lab.

- Mini Skill Set Analysis
 - Bio Ax
 - Putting Stroke Evaluation on the PATIO
 - 4 Camera Video Analysis
 - Gapping Analysis on Trackman
 - Choice of K-Vest, Force Plate, Lie/Loft Adjustment
- 4 Private Lessons with Golf Lab Teaching Professional
- 2 Golf Fitness Sessions with Golf Lab Fitness Professional

Value - \$875

Fee - \$695

Player Development Program

The PDP is for the golfer who is serious about shaving strokes of your handicap. This curriculum is designed to give you the tools you need to shoot lower scores. This isn't about re-inventing your swing, but helping you get the most out of the skills you already possess. The initial phase of the program will focus on Ball Striking and Swing Mechanics. The later stages will put more emphasis on Short Game and Scoring, while still maintaining the positive progress made on the full swing.

- Mini Skill Set Analysis
 - Bio Ax
 - Putting Stroke Evaluation on the PATIO
 - 4 Camera Video Analysis
 - Gapping Analysis on Trackman
 - Choice of K-Vest, Force Plate, Lie/Loft Adjustment
- 6 Private Lessons with Golf Lab Teaching Professional
- 3 Golf Fitness Sessions with Golf Lab Fitness Professional

Value \$1175

Fee \$915

Club Champion Package

This program is designed for the competitive player. The Package kicks off with a full Skill Set Analysis, the results of which will be used to create the specific curriculum. The first phase of the program focuses on fundamentals and core strength. The second phase moves on to basic ball flight control techniques, while the physical training shifts focus to build lower body power and improve stability. The final phase of the program cover advanced techniques like Shot Shaping. The final phase of physical training focuses on building speed.

- Skill Set Analysis
 - Bio Ax
 - Putting Stroke Evaluation on the PATIO
 - 4 Camera Video Analysis by Director of Instruction
 - Gapping Analysis on Trackman
 - K-Vest 3D Motion Profile
 - Lie/Loft Adjustment
 - SAM Force Plate Weight Shift Analysis
- 10 Private Lessons with Golf Lab Teaching Professional
- 5 Golf Fitness Sessions with Golf Lab Fitness Professional

Value \$1995

Fee \$1475

Add-Ons:

- **Full Skill Set Analysis \$125 (Includes Director of Instruction)**
- **5 Practice Hours - \$100**
- **Monthly Practice Pass \$125 (Daytime *or* Evening/Weekend)**
 - **Premium Practice \$175 (All Access w/Booking Privileges)**