

Sonny's Par 3 and Driving Range 2017 Programs



Mini Series I (Full Swing)

1. LESSON ONE ... (SWING BASICS)

- Analyze swing (w/Video- Discretionary)
- Introduction/ review of swing basics (20 min.)
- Grip, Posture, Alignment (intro G.A.S.W.A.S)
- Setup / Hit balls / Customize Drills

2. LESSON TWO ... (MID & SHORT IRONS)

- Review lesson one
- Introduction (15 min demo/discussion)
- Swing basics & Swing Plane discussion
- Setup / Hit balls / Customize Drills

3. LESSON THREE ..(LONG IRONS & WOODS)

- Review lessons one & two (Basic Swing)
- Introduction (15 min. demo/discussion)
- Long Iron & Woods Setup / Hit balls
- Setup / Hit balls / Customize Drills

Mini Series II (Short Game)

1. LESSON ONE ... (SHORT IRONS)

- Analyze short game swing
- Introduction (20 min. demo/discussion)
- Grip, Posture, Alignment (intro G.A.S.W.A.S.)
- Setup / Hit balls / Customize Drills

2. LESSON TWO ... (CHIP SHOT SYSTEM)

- Introduction (30 min. system discussion)
- Grip, Posture, Alignment (15 min demo/discussion)
- Mechanical & Visualization Techniques
- Setup / Hit balls / Customize Drills

3. LESSON THREE ... (PUTTING & SAND SHOT)

- Introduction (15 min. on Sand shot)
- Grip, Posture, Alignment / Hit sand shots
- Introduction (15 min. on Putting)
- Setup / Hit balls / Customize Drills

Weekly Commuter Junior Golf Camp

Day 1

Registration & Introductions
Etiquette & safety rules (film), Golf rules (film),
and discussion
Introduction to Short Game: Putting, Chipping,
Short Game challenge

Day 2

Warm up and practice
Golf rules continued (film), and discussion
Introduction to Swing fundamentals (grip,
posture, ball position, alignment)
Pitching and swing fundamentals practice
Introduction green & fairway equipment plus turf
management
Short Game challenge: Putting
On course instruction / Play holes 1 thru 3

Day 3

Warm up and practice

Golf rules continued (film), and discussion
Swing fundamental review and introduction to
driving
Short Game challenge: Chipping & Putting
Course training: Pre-shot routine and Lies,
Trajectory, Distance (LTD)
On course instruction / Play holes 4 thru 6

Day 4

Warm up and practice
Review full swing fundamentals and practice
Review short game fundamentals and practice
Course management training: Rule situations
On course instruction / Play holes 7 thru 9

Day 5

Warm up and practice
Review Rule Test
Play 9 hole tournament
Prizes and Award Ceremony

2017 Price List for Lessons & Programs

Single Lesson (Add \$10 w/Video Analysis)

Single Lesson 1 hr. \$60/ 30 min. \$40
Seniors (62 & Older)...1 hr. \$45 / 30 min. \$35
Juniors (17 & under)...1 hr. \$45 / 30 min. \$35

Mini Series (w/Video Analysis)

Single Student\$150. (3 lessons - 1.5 hr.)
2 Students \$130 ea. (3 lessons-1 hr +45 min)
3 Students & Jr...\$110 ea. (3 lessons - 2 hrs)

Group / Clinic Lessons

2 Students (1.5 hr.) \$45 ea.
3-4 Students (2 hr.) \$35 ea.
5 + Students (2 hr.) \$30 ea.

Playing Lessons

9 Hole playing lesson ... \$75
2-3 Students\$50 ea.
4 Students +.....\$40 ea.

Five Day Junior Golf Camps

Limit 12 Per Class \$200 ea.
Ages (11-14)
Call for Dates and Info

2017 Playing Membership Only

Play Par 3 Course -Tuesday thru Sunday: Couples \$500 / Single Adult \$350 / Juniors & Seniors \$275

2017 Driving Range Membership Only

Couples \$400 / Single Adult \$300 / Junior & Seniors \$250

2017 Combination Driving Range & Playing Membership

Playing and unlimited range balls: Couples \$750 / Single Adult \$575 / Junior & Seniors \$500