Dedicated to elevating your golf game through innovative coaching methods, tailored golf programs and dedicated PGA of Canada Professionals.

KEVIN DICKEY

* GOLF ACADEMY AT CATARAQUI GOLF & C.C.

Whether you are a beginner, junior, intermediate, or advanced golfer, the Kevin Dickey Academy can help you develop a strategic plan that will provide you with all the tools to reach your goals.

Our PGA of Canada Instructors, Trackman technology, Health and Fitness Programs and Practice Facility are unmatched in providing all the elements you need to prepare and compete at your highest level in 2023.



Cataraqui Golf and Country Club and Energetics Health and Fitness have partnered together to offer group Golf Performance Packages. Energetics is bringing their Titleist Performance Institute (TPI) Golf Coaches to facilitate golf performance sessions along with swing lessons with PGA of Canada Golf Professional.









Academy Programs



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Kevin Dickey Academy PGA of Canada Coaches

Iain Reston, Head Professional

PGA of Canada Member since 2008

TaylorMade Advisory Board Member and Brand Ambassador ireston@cataraqui.com
613-546-5808

Kristen MacLaren-Jamieson, Associate and Teaching Professional

PGA of Canada Member since 2004
Titleist Brand Ambassador
TPI Level 1 Certified
Head Golf Coach at Queen's University
kmaclaren@cataraqui.com
613-546-5808

Ben Shannon, Associate Professional

PGA of Canada Member since 2007 Callaway Brand Ambassador bshannon@cataraqui.com 613-546-5808

Kyle Shurrie, Assistant Professional

PGA of Canada Member since 2019
Ping Brand Ambassador
kshurrie@cataraqui.com
613-546-5808

John Jamieson, Assistant Professional

PGA of Canada Member since 2020 Cleveland/Srixon Brand Ambassador jjamieson@cataraqui.com 613-546-5808





Energetic Health and Fitness Coaching Professionals

Amber Peck

Certified Titleist Performance Institute (TPI) Level 1 & 2 Instructor

Certified Clinician with IART (International Association of Resistance Training)

Amber@energeticskingston.com

Mark Antoine

Certified Titleist Performance Institute (TPI) Level 1 & 2 Instructor/Golf Power Level 2 Instructor

Certified Clinician with IART (International Association of Resistance Training)

Mark@energeticskingston.com

The Kevin Dickey Academy and Energetics Health and Fitness have partnered together to offer group and individual Golf Performance Packages. Energetics is bringing their Titleist Performance Institute (TPI) Golf Coaches to facilitate Human Movement Screening, golf specific training in conjunction with swing lessons with PGA of Canada Golf Professionals.

Cataraqui is the only facility in the city that has PGA Golf Professionals partnering with TPI Golf Fitness coaches. This is truly the ultimate coaching combination needed to take your game to the next level. Keep reading for more information and programs for 2023.

Titleist Performance Institute (TPI) Golf Assessments

Energetics Golf Fitness Coaches are excited to bring back their Titleist Performance Institute (TPI) Golf Assessments to the Kevin Dickey Academy at Cataraqui Golf and Country Club!

It's no question that golf is an athletic sport. If you're serious about elevating your game, it takes a team. Energetics TPI Golf Fitness coaches, partnering with your Golf Professional, is truly the ultimate coaching combination needed to develop more power and consistency in your golf swing.

TPI Assessment: Wednesday, May 24th | 9:00am to 1:30pm TPI Assessment: Tuesday, June 6th | 11:00am to 3:00pm

Session Fee: \$160.00 + HST
• Includes a TPI Golf Assessment

&

• 30 minute private lesson with Kevin Dickey Academy Coach based on a detailed evaluation of your assessment





How it will work

An Energetics Golf Fitness Coach will work with you to conduct a one on one TPI golf swing assessment. Once the TPI screen is complete, you will be given a recommended personalized strength and flexibility program based on these physical findings, as well as a detailed evaluation to the Golf Professional Team so they can design a golf lesson program tailored to the individual. Together, we will work towards the most efficient golf swing for you!

What is a TPI Golf Swing Assessment?

The TPI Golf Swing Assessment is a physical screening, comprised of a series of mechanical tests designed to examine your body's movements, address your physical capabilities and limitations as they relate to your golf swing. This helps identify if a player's swing issues are caused by bad habits, lack of knowledge, or a physical restriction that limits the ability to swing efficiently.

These physical limitations may be causing you loss of power or distance, inconsistent shots, or pain during your round. It's impossible to swing the club efficiently or strike the ball effectively if the body can't physically get into the position it needs to be in. Understanding how your body relates to your swing can help address physical limitations to help improve your swing.

Who should get a TPI Golf Assessment?

Anyone who plays golf or would like to golf on a regular basis should have a comprehensive physical assessment.

Top 3 Reasons to sign up for our TPI Swing Assessment (and golf fitness program):

- 1. Maximize lessons with your Golf Pro by developing a program that works within your abilities.
- 2. Identify the root cause of any pain that may be affecting your swing and your game.
- 3. Enhance strength; improve rotational power and physical motor patterns to consistently drive the ball further without pain.

ACADEMY INDIVIDUAL, SEMI-PRIVATE & COACHING PROGRAMS

The Fundamentals of Golf, taught One-to-One

Our Team of PGA of Canada Golf Professionals are excited to take your game to the next level. Experienced in coaching beginner golfers to seasoned professionals, our team is dedicated to building you a customized road map for short and long term success. Our goal is to increase your enjoyment by building confidence in your game and setting you on a pathway for daily improvement. We use Video and other technologies to assist in accelerating the learning curve, along with on course training.

Quoted prices are per person

Single; 30 Minutes

Head Professional, Iain Reston \$80.00 + HST

Teaching & Associate Professional, Kristen MacLaren - Jamieson \$75.00 + HST

Associate Professional, Ben Shannon \$70.00 + HSTAssistant Professional, Kyle Shurrie \$60.00 + HST

Assistant Professional, John Jamieson \$60.00 + HST

Playing Lesson (9 Holes)

Cataraqui Member: \$225.00 + HST w/ Teaching Professional, Kristen MacLaren - Jamieson Invited Guest: \$250.00 + HST w/ Teaching Professional, Kristen MacLaren - Jamieson

CATARAQUI SEASON LONG 'GOLF' PROGRAMS

Coaching Program # 1: Individual

PGA of Canada Associate Professional/Teaching Professional, Kristen MacLaren - Jamieson

Lesson Fee: \$210.00 + HST3; 30 Minute Lessons

Coaching Program # 2: Individual

PGA of Canada Associate Professional/Teaching Professional, Kristen MacLaren - Jamieson

• Lesson Fee: \$420.00 + HST

• 6; 30 Minute Lessons

Coaching Program #3: Individual

PGA of Canada Associate Professional/Teaching Professional, Kristen MacLaren - Jamieson

Lesson Fee: \$645.00 + HST

• 1 x On Course Playing Lesson (9 Holes)

• 6; 30 Minute Lessons

Coaching Program # 4: Individual

PGA of Canada Associate Professional/Teaching Professional, Kristen MacLaren - Jamieson

• Lesson Fee: \$ 1,150.00 + HST

• 2 x On Course playing Lesson (beginning & end of program, 9 Holes)

• 10; 30 Minute Lessons

CATARAQUI SEMI-PRIVATE PROGRAMS

Semi-Private Golf Lessons are designed to offer couples, friends, and golf enthusiasts an opportunity to learn and improve their game. Our team of PGA of Canada Professionals will create a comfortable learning environment that is fun and informative. We will cover all aspects of the swing, short game, and course strategy to refine your skills, build confidence, and enhance your desire to play.

Semi - Private, 2 STUDENTS

PGA of Canada Associate Professional/Teaching Professional, Kristen MacLaren - Jamieson

2 Students (50 minutes) \$60.00 + HST per golfer

Package of 3 x 50 Minutes \$180.00 + HST per golfer

Package of 5 x 50 Minutes \$300.00 + HST per golfer

Package of 10 x 50 Minutes \$600.00 + HST per golfer

Includes:

- 50 minutes of Instruction by PGA of Canada Professional
 - Private access to practice facility
 - Video Swing Analysis
 - Detailed lesson report

Group Lesson, 3 - 4 STUDENTS

PGA of Canada Associate Professional/Teaching Professional, Kristen MacLaren - Jamieson \$45.00 plus HST per student

Package of 3 x 50 Minutes (based on 3) \$135.00 + HST per golfer Package of 5 x 50 Minutes (based on 3) \$225.00 + HST per golfer Package of 10×50 Minutes (based on 3) \$450.00 + HST per golfer

Includes:

- 50 minutes of instruction by a PGA of Canada Professional
 - Private access to practice facilities
 - · Video Swing Analysis
 - Detailed lesson report

This is a great option for small groups of friends or family to develop golf fundamentals in a fun, friendly, familiar environment.

KEVIN DICKEY ACADEMY SEASON LONG 'COACHING' PROGRAMS

Kevin Dickey Academy and Energetics Health and Fitness have partnered together to offer group Golf Performance Packages.

Energetics is bringing their Titleist Performance Institute (TPI) Golf Coaches to facilitate golf performance sessions along with swing lessons with PGA of Canada Golf Professional.

GOLF COACHING PROGRAMS - PRIVATE

Coaching Program 1

Program Fee: \$1,270.00 + HST
6, 30 minute Golf lessons
1 on course playing lesson
6, 30 minute Golf Specific Fitness Sessions
TPI Assessment + Power Assessment
FIT3D Pro Scanner
Deluxe Fitness box of resistance equipment

Coaching Program 2

Program Fee: \$2,040.00 + HST

10, 30 minute lessons

2, on course playing lessons

10, 30 minute Golf Specific Fitness Sessions

TPI Assessment + Power Assessment

FIT3D Pro Scanner

Deluxe Fitness box of resistance equipment

Elite Coaching Program 3

Program Fee: \$3,340.00 + HST
20, 30 minute Golf Lessons
2, On course playing lessons
20, 30 minute Golf Coaching Specific Sessions
TPI Assessment + Power Assessment
FIT3D Pro Scanner
Deluxe Fitness box of resistance equipment

GOLF COACHING PROGRAMS – SEMI PRIVATE (2 Students) COST PER PERSON

Coaching Program 1

Program Fee: \$900.00 + HST
6, 45 minute Golf lessons
TPI Assessment + Power Assessment
FIT3D Pro Scanner
6, 30 minute Golf Specific Fitness Sessions
Deluxe Fitness box of resistance equipment

Coaching Program 2

Program Fee: \$1,250.00 + HST

10, 45 minute lessons

TPI Assessment + Power Assessment

FIT3D Pro Scanner

10, 30 minute Golf Specific Fitness Sessions

Deluxe Fitness box of resistance equipment

ELITE COACHING PROGRAM 3

Program Fee: \$2,130.00 + HST
20, 45 minute Golf Lessons
TPI Assessment + Power Assessment
FIT3D Pro Scanner
20, 30 minute Golf Specific Fitness Sessions
Deluxe Fitness box of resistance equipment

GOLF COACHING PROGRAMS - GROUP TRAINING (3 - 4 Students) COST PER PERSON

Coaching Program 1

Package Fee: \$655.00 + HST
6, 45 minute Golf lessons
TPI Assessment + Power Assessment
FIT3D Pro Scanner
6, 30 minute Golf Specific Fitness Sessions
Deluxe Fitness box of resistance equipment

Coaching Program 2

Package Fee: \$920.00 + HST
10, 45 minute lessons
TPI Assessment + Power Assessment
FIT3D Pro Scanner
10, 30 minute Golf Specific Fitness Sessions
Deluxe Fitness box of resistance equipment

Elite Coaching Program 3

Program Fee: \$1,580.00 + HST
20, 45 minute Golf Lessons
TPI Assessment + Power Assessment
FIT3D Pro Scanner
20, 30 minute Golf Specific Fitness Sessions
Deluxe Fitness box of resistance equipment

KEVIN DICKEY ACADEMY JUNIOR PROGRAMS

At Kevin Dickey Academy we understand that today's juniors are the future of the game. Our entire Team of PGA Professionals recognizes that kid's programs must be FUN and EXCITING as well as educational.

The Kevin Dickey Junior Academy Mission is to impact the lives of our juniors by providing them with programs that build character, instill values and promote healthy choices through the game of golf. TPI Junior Golf Fitness — Build the Athlete Not the Golfer!

With the goal of developing the athlete first, creating competitive golfers second and producing a love for the game along the way, we want to maximize the physical ability of our aspiring young players. Training methods are specifically designed for all stages of athletic and golf development, giving Juniors the physical edge to perform at elite level.

The Academy's main priorities are improved positional awareness, movement efficiency, and fundamental movement skill development. Each golfer will learn to move and control his/her body, develop better joint awareness, and capacity to withstand loads that the golf swing can impart on the body. This is achieved, in part, through such fundamental movement skills as skipping, throwing, striking, sprinting and jumping. All of which relate to power development and are skills needed for a junior's long term athletic development. If any of these skills are missing, learning to play golf is more difficult and the athlete may never reach their full athletic potential

How do we do it?

Through customized Junior Golf Fitness programs for individual junior golfers as well as junior golf teams. Our program is centered around TPI's philosophy of Long Term Athlete Development (LTAD). Our program encompasses the following Training Principles.

- Initial Functional Movement and Fitness Evaluation
- Long term athletic development
- Mobilization and Recovery Techniques
- · Stability training, strength, and power production
- Swing Speed development
- Pre-round/Practice warm-up

What is the value?

Juniors see the following results.

- Strength, mobility, and power
- Increased distance
- Improved consistency
- Understand importance of teamwork
- Fun experience!



NEW Learn to Compete Season Long Program

Coach MacLaren - Jamieson brings a fresh enthusiasm and commitment towards developing high level Junior Competitors. With an emphasis on good practice habits, students will get personalized development plans, playing lesson and much more.

Price: \$250/month (4 Month Training Program)

- Weekly, 30 Minute private Lessons with Coach MacLaren Jamieson
 - Tournament Planning and Preparation
 - Mental Game Strategies and Training
 - 1; On Course 9 Hole Playing Lesson for Course Management

**Option to pair with TPI Junior Golf Fitness. Contact Kristen for more details.

JUNIOR 'BIRDIE' PROGRAM

This is the BEST starting point for a young golfer. Starting as young as 5, these clinics are suited for children up to 8 years of age. It is an excellent atmosphere to introduce juniors to safety, etiquette, the golf course, and golf equipment. The main objective is to have FUN learning the game of golf while developing fundamentals that are involved with the golf set up.

NEW this year will be the introduction of TPI Junior Fitness.

VISION: "Our VISION for the "Birdie" program is to make golf FUN! We hope that this will get children started on the right path to a lifetime filled with FUN and ENJOYMENT from the game of golf."

Prerequisite: Age 5 years of age and older. Open to all Children, Grandchildren of Members and Invited Guests.

Session: 6 Week Spring Program

Class Size: 12 Students, 6:1 Student to Teacher Ratio

NEW Session Includes: 6, 50 Minute Golf Specific Training & TPI Junior Golf Fitness

Price: \$285.00 + HST

Includes: Cataraqui Academy Golf Shirt and Hat

SPRING BIRDIE PROGRAM

Tuesday's, May 30th - July 4th, 2023

- 4:30pm 5:20pm
- Max 6:1 Student to Teacher Ratio
- *Make Up Sessions due to unforeseen weather will be scheduled for TBA

SUMMER BIRDIE PROGRAM

Tuesday's, July 18th - August 22nd, 2023

- 4:30pm 5:20pm
- Max 6:1 Student to Teacher Ratio



JUNIOR 'EAGLE' PROGRAM

This program is BEST suited for students between the ages of 8-13. This program will cover all aspects of the game in a FUN and FRIENDLY environment. Emphasis is placed on FUN while teaching the fundamentals of the golf swing, putting, chipping, and pitching. The student will develop a basic understanding of the various facets. Students will also gain knowledge of the rules and etiquette.

NEW this year will be the introduction of TPI Junior Fitness.

VISION: "Our VISION for the "Eagle" Program is to make golf FUN but also to provide them with the basics and tools that will further develop them into 'well rounded' golfers with a love and appreciation for this great game."

Pre-requisite: Students must have reached all specific skill/performance benchmarks in Level 1 "Birdie" Program to be able to participate in Level 2 "Eagle" Program. Open to all Children, Grandchildren of Members and Invited Guests.

Session: 6 Week Spring Program

Class Size: 12 Students, 6:1 Student to Teacher Ratio

NEW Session Includes: 6, 50 Minute Golf Specific Training & TPI Junior Golf Fitness

Price: \$285.00 + HST

Includes: Cataragui Academy Golf Shirt and Hat

SPRING EAGLE PROGRAM

Tuesday's, May 30th - July 4th, 2023

- 5:30pm 6:20pm
- Max 6:1 Student to Teacher Ratio
- *Make Up Sessions due to unforeseen weather will be scheduled for TBA

SUMMER EAGLE PROGRAM

Tuesday's, July 18th - August 22nd, 2023

- 5:30pm 6:20pm
- Max 6:1 Student to Teacher Ratio
- *Make Up Sessions due to unforeseen weather will be scheduled for TBA



'GIRLS' ONLY PROGRAM

This program is BEST suited for GIRLS between the ages of 7-13. The program will cover all aspects of the game in a FUN and FRIENDLY environment. Emphasis will be placed on FUN while teaching the fundamentals of the golf swing, putting, chipping, and pitching, the student will develop a basic understanding of the various facets of the game. Students will also gain knowledge of the rules and etiquette. There will be a Session where the group will head out onto the golf course to learn about course management, rules and how to play the game of golf

VISION: "Our VISION for the "GIRLS ONLY" Program is to make golf FUN but also to provide them with the basics and tools that will further develop them into 'well rounded' golfers with a love and appreciation for this great game."

Pre-requisite: Students must have reached all specific skill/performance benchmarks in Level 1 "Birdie" Program to be able to participate in "GIRLS ONLY" Program. Open to all Children, Grandchildren of Members and Invited Guests.

Date: Saturday, May 25th, June 10th, June 24th, July 8th, July 22nd, August 26th

Time: 12:30pm — 1:30pm

Class Size: 4 — 6 Students

Session: 6 Week Program

Price: \$250.00 + HST

Includes: Cataragui Academy Golf Shirt and Hat + Pizza Party on last day of Clinic.





CATARAQUI JUNIOR GOLF CAMP

Golfers will spend their day learning the basics, the fundamental movements of the golf swing, short game techniques (Chipping, Pitching, Bunker), as well as putting in a FUN and FRIENDLY environment. Wednesday and Thursday will be dedicated to a "LEARN TO PLAY" element as a simulated golf course will be set up around the practice green. Golfers will be divided into foursomes. It is here where they will learn golf etiquette, the rules of golf and how to conduct themselves on and off the course while playing golf in a FUN and FRIENDLY atmosphere.

NEW this year will be the introduction of TPI Junior Fitness.

TPI Fitness will be at the Camp Monday and Tuesday

VISION: "Our VISION for the "Camp" Program is to make golf FUN but also to provide them with the basic fundamentals and tools that will further develop them into 'well rounded' golfers with a love and appreciation for this great game."

Time: Monday - Thursday: 8:30am - 12:30pm

Class Size: Maximum 12 Students, 6:1 Student to Teacher Ratio

Prerequisite: 7 - 13 years of age. Open to all Children and Grandchildren of Members



SUMMER PROGRAM: Session #1

Monday, July 17th - Thursday, July 20th, 2023

• Time: 8:30am - 12:30pm

• Class Size: Maximum 12 Students, 6:1 Student to Teacher Ratio

• Prerequisite: 7 - 13 Years of age. Open to all Children and Grandchildren of Members.

• 6:1 Student to Teacher Ratio

• Price: \$ 380.00 (Plus HST)

SUMMER PROGRAM: Session # 2

Monday, August 14th - Thursday, August 17th, 2023

• Time: 8:30am - 12:30pm

• Class Size: Maximum 12 Students, 6:1 Student to Teacher Ratio

 \bullet Prerequisite: 7 – 13 years of age. Open to all Children and Grandchildren of Members.

• Price: \$ 380.00 (Plus HST)



Cataraqui Kevin Dickey Junior 'Train' & 'Compete'

Whatever your capabilities, a solid grounding in Golf's fundamentals is the one sure way to unlock your potential. This is an opportunity for Juniors to join a team and participate with Cataraqui's PGA of Canada Professionals in FUN & FRIENDLY environment.

This program includes: Before and After Golf Assessment, TPI Junior Golf Specific Training, Train your Game, Tournament Preparation, Swing Analysis with Tackman, Rules Workshop and Proper Warm-up. Includes: Cataraqui Academy Golf Shirt, Hat, Gift Bag + Weekly prizes.

TRAIN DATES: May 25th, June 8th, June 22nd, July 6th, July 20th, August 10th, August 17th

- Train Time: 5:30pm 6:45pm
- Class Size: Maximum 8 Students. Minimum 6 Students.
- Train Session: 45 minute Train, Supervised Practice & Teaching Time with PGA Professional.
- NEW Fitness Session: 30 minutes; TPI Assessment, Golf Specific Training and Work Out with Fitness Coach.

COMPETE DATES: May 27th, June 10th, June 24th, July 8th, July 22nd, August 11/12th, August 19th.

- Compete Time: 2:00pm 4:00pm Tee Times, 9 Holes, Club Championship Weekend (August 11th & 12th), & Kevin Dickey Junior Invitational (August 21st)
- Team/ Individual Competition, Course Management, Tournament Preparation, Rules Workshop
- Fee: \$800.00 + HST





Adult Kevin Dickey Academy Programs

Short Game Made Easy MEN ONLY

Are you tired of skulling and chunking your Wedges?

This 4 Week program will provide participants with the proper foundations in all aspects of their Short Game including Bunker Play, Bump and Run, Chipping, Pitching and Putting. You will not only learn when to use each shot but also how to give yourself the best chance at success. If you are frustrated with your short game and find yourself hitting the same shot every time or simply want to review the fundamentals, this clinic is for you.

Week 1, Thursday, June 2nd: Chipping Fundamentals/Bump and Run

Week 1, Thursday, June 2nd: 9:00am TPI Physical Screen & Power Assessment

Week 2, Thursday, June 9th: Pitching Fundamentals

Week 3, Thursday, June 16th: Bunker Play Week 4: Thursday, June 23rd: Putting

Session #1:

Date: Thursday's, June 2nd - June 23rd, 2022

Time: 10:00am - 11:00am

Max: 6 Students
Price: \$ 250.00 + HST

PLEASE NOTE: Afternoon sessions can be added if there is interest.

Swing & Sip - Short Game Clinic

Women ONLY

This 3 Week program will provide participants with the proper foundations in all aspects of their Short Game including Bunker Play, Bump and Run, Chipping and Pitching. You will not only learn when to use each shot but also how to give yourself the best chance at success. If you are frustrated with your short game and find yourself hitting the same shot every time or simply want to review the fundamentals, this clinic is for you. Bonusesat the end of the 45 minute Clinic enjoy a glass of Cataraqui House Wine on the Patio.

Week 1: Chipping Fundamentals/Bump and Run

Week 2: Pitching Fundamentals
Week 3: Bunker Play/Putting

Date: Friday's, June 9th - June 23th

Time: 5:30pm - 6:30pm

Max 6 Students (Min. 3 Students)

Price: \$130.00 + HST

PLEASE NOTE: A second Swing & Sip Clinic will be introduced in July. Dates TBD.

Women 'Learn to Play' Programs

This program is designed for the golfer who is looking to break through to the next level and take control of their game with weekly feedback. This program will look into the specifics of how to personally help improve your game! This is a fantastic program for skill development.

Get Golf Ready 1 - 6 WEEK WOMEN'S SPRING TUNE-UP

Dust off those golf clubs and get ready for 2023.

Week 1, Monday, June 5th: TPI Golf Assessment / Warm Up, Back to Basics

Week 2, Monday, June 12th: Putting, Keys to a Great Stroke, Effective Putting Drills

Week 3, Monday, June 19th: Learn the mechanics of the Golf Swing

Week 4, Monday, June 26th: Chipping, Learn how to get it up & down around the green.

Week 5, Monday, July 10th: Long Game (Fairway Shot and Hybrids Shot)

Week 6, Monday, July 17th: Driver & Bunker

Date: Monday's, June 5th - July 17th, 2023

Time: 3:30pm - 4:30pm

Max 6 Students

Cataraqui Members: \$225.00 + HST

NEW SWING and TRAIN into a Better Golfer

6 Week SWING and TRAIN Program

The Kevin Dickey Academy we have Coaches who provide wonderful golf instruction, 'make a full shoulder turn', 'resist with the right side', 'hinge your wrists to set the club up', 'unwind to a full finish,' and in my case "release the hands.' All of this is perfect and on-message, but if you don't enjoy a basic range of motion and/or lack balance and coordination, executing these instructions can be challenging and, in some cases, simply not possible. This is where golf fitness comes in: You need the physical abilities to turn those ideas into action

6 Week SWING and TRAIN Program include:

- 6, 45 Minutes of Golf Swing Training followed by 6, 30 Minutes Golf Specific Training/ Exercise
- TPI Physical Training and Power Assessment
- Deluxe Fitness Box of Resistance Equipment (Yours to keep)

Date: Monday's, June 5th - July 17th (excluding July 3rd)

Time: 6:30pm - 7:45pm

Max 6 Students

Cataraqui Members: \$530.00 + HST



INDIVIDUAL, SEMI-PRIVATE & COACHING PROGRAMS

Ben Shannon, Associate Professional

PGA of Canada Member since 2007 Callaway Brand Ambassador bshannon@cataraqui.com 613-546-5808

Single; 30 Minutes

1; 30 Minute Lesson \$ 65.00 + HST 3; 30 Minute Lessons \$195.00+ HST 5; 30 Minute Lessons \$300.00 + HST

Semi - Private, 2 STUDENTS

2 Students (50 minutes) \$60.00 + HST per golfer
Package of 3 x 50 Minutes \$165.00 + HST per golfer
Package of 5 x 50 Minutes \$250.00 + HST per golfer

Semi - Private, 3 STUDENTS

3 Students (50 minutes) \$60.00 + HST per golfer Package of 3 x 50 Minutes \$150.00 + HST per golfer Package of 5 x 50 Minutes \$225.00 + HST per golfer

Kyle Shurrie, Assistant Professional

PGA of Canada Member since 2019
Ping Brand Ambassador
kshurrie@cataraqui.com
613-546-5808

Single; 30 Minutes

1; 30 Minute Lesson \$60.00 + HST

Playing Lesson (9 Holes)

Cataraqui Member: \$125.00 + HST

Coaching Program # 1: Individual

3, 30 Minute Lessons & 1, 9 Hole Playing Lesson: \$250.00 + HST

John Jamieson, Assistant Professional

PGA of Canada Member since 2020 Cleveland/Srixon Brand Ambassador jjamieson@cataraqui.com 613-546-5808

Single; 30 Minutes

1; 30 Minute Lesson \$60.00 + HST

Playing Lesson (9 Holes)

Cataragui Member: \$125.00 + HST

Coaching Program # 1: Individual

3, 30 Minute Lessons & 1, 9 Hole Playing Lesson: \$250.00 + HST