

# Sonny's Par 3 and Driving Range 2019 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

## 2019 Price List for Lessons & Programs

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

Single Lesson .....1 hr. \$65 / 30 min. \$45  
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 ea. (3 lessons - 1 hr +15 min)  
2 Students ..... \$135 ea. (3 lessons - 1 hr +30 min)  
3 Students &.Jr ...\$120 ea. (3 lessons - 1 hr +45 min)

### Group / Clinic Lessons

2 Students (1.5 hr.) \$50 ea.  
3-4 Students (2 hr.) \$40 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 15 Per Class \$200 ea.  
Ages (11-14)  
Call for Dates and Info

### 2019 Playing Membership Only

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

### "NEW" 2019 Playing Membership Only

Couples 300 / Single Adult \$225 / Juniors & Seniors \$150

2019 Combination Membership - Driving Range & Playing

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