

Urban Links Lessons - Individual and Group Series

Individual Instruction and Coaching:

Develop the game you want to play with quality CPGA instruction. A customized program with effective strategies will assist you in attaining your golf goals. Included in all programs are: mental training sessions, free seminars on effective video analysis, launch monitor use, and visualization. Juniors receive 20% off regular prices. Corporate Packages available, ask us for details!

Lesson Series	1 Lesson	4 Lessons	8 Lessons	12 Lessons
Individual Series	\$85.00	\$250.00	\$450.00	\$625.00
Lessons For Two	\$50.00 pp	\$175.00 pp	\$300.00 pp	\$425.00 pp

Group Programs, Yoga Golf and Pilates Golf, Playing Lessons:

Full Swing Group Series - 3 Weeks @ 1 Hour Lesson

Includes 5 hours of non-supervised video training **\$175.00**

- Set Up - Direction and Consistency, Posture, Hands, Alignment **Member \$ 99.00**
- Impact Area - Direction and Power, Rotation, Footwork, Clubface
- Completing the Swing - Balance and Power, Club Head Speed, Irons/Woods

Short Game Group Series - 3 Weeks @ 1 Hour Lesson

Includes 5 hours of non-supervised video training **\$175.00**

- Putting - Distance and Direction, Reading Greens **Member \$ 99.00**
- Chipping - Distance and Direction, Technique, Landing Areas and Club Selection
- Pitching - Distance and Direction, Side Hill Lies, Specialty Shots

Complete Group Series - 6 Weeks @ 1 Hour Lesson

Includes 10 hours of non-supervised video training **\$299.00**

Includes Full Swing Series and Short Game Series, for one player **Member \$189.00**

Yoga Golf Program - 6 Weeks @ 1 Hour Yoga and ½ Hour Golf Training **\$ 99.00**

Learn basic Yoga moves for strengthening and stretching. Then move the lesson into a ½ hour of golf movement training and apply the Yoga immediately to your golf game. **Member \$75.00**

Pilates Golf Program - 4 Weeks @ 1 Hour Pilates and ½ Hour Golf Training **\$ 99.00**

Learn basic Pilates moves for strengthening and stretching. Then move the lesson into a ½ hour of golf movement training and apply the Pilates immediately to your golf game. **Member \$75.00**

Playing 9 Holes	1 player	+ Green Fee for non-member	Additional player	+ Green Fee for non-member
Pinnacle	\$125.00	\$20.00 pp	\$25.00 pp	\$20.00 pp
Gallagher's (quiet times)	\$150.00	\$50.00 pp	\$25.00 pp	\$50.00 pp