



SUMMIT WINTER ACADEMY 2019

ADULT COACHING PROGRAMS



PRIVATE LESSONS

with Jon Bloome



30 MINUTES \$60.00 PLUS HST	60 MINUTES \$90.00 PLUS HST	10 HOURS \$800.00 PLUS HST
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with Trevor Wallman



60 MINUTES \$65.00 PLUS HST	3 HOURS \$175.00 PLUS HST
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LONG TERM COACHING PROGRAMS

This program has helped many golfers improve. Each two hour session will be fun and informative as players train like pros. Golfers will leave each group training session with a skills report.

WINTER COACHING PROGRAM JANUARY – APRIL
(MAX 3 PLAYERS PER SESSION)

PROGRAM A

1 private session per month,
1 Group program per week

\$375.00 ‹ PER MONTH PLUS HST

PROGRAM B

1 private session per week,
1 Group program per week

\$550.00 ‹ PER MONTH PLUS HST

- ⌚ Wednesdays & Fridays 7 pm – 9 pm
- ⌚ Sundays 11 am – 1 pm

*Start your 2019 season
with a program that works!*

JUNIOR COACHING PROGRAMS

COMPETITIVE GIRLS PROGRAM

Girls will train together at Summit (max 4 players) They will focus on Technical and Physical skills to prepare for the 2019 competitive golf season. One Group coaching session per week.

\$200.00	‹ 1 PRIVATE SESSION PER MONTH PLUS HST
\$350.00	‹ 4 PRIVATE SESSIONS PER MONTH PLUS HST

NEW COMPETITOR PROGRAM

One Group coaching session per week.

\$200.00	‹ 1 PRIVATE SESSION PER MONTH PLUS HST
\$350.00	‹ 4 PRIVATE SESSIONS PER MONTH PLUS HST

Students who want to take the basics of their game and want to take the next step in a group environment with technical instruction and performance games included.





JUNIOR PERFORMANCE TEAM

This Program has helped kids achieve great results over the years. It has led to personal bests, tournament wins and scholarship offers. Jon Blomme will identify key areas for improvement and train players efficiently. Players will receive four private sessions and two group sessions a month (8 hrs of coaching). Each player will receive a customized training program to follow and will get fully prepared for the 2019 season.

GROUP TRAINING DATES:

- ⊙ December 2 & 16
- ⊙ January 13 & 27
- ⊙ February 10 & 24
- ⊙ March 3 & 31

GROUP SESSIONS AT PEAK PERFORMANCE IN VAUGHAN:

- ⊙ 5 pm – 7 pm

FITNESS TRAINING SESSIONS AT PEAK PERFORMANCE

- ⊙ 4 pm – 5 pm

\$350.00 ⊙ PER MONTH PLUS HST

\$500.00 ⊙ PER MONTH WITH FITNESS TRAINING SESSIONS PLUS HST



SPEED CLUB

PRIVATE LESSONS

3x 90 MINUTES | **\$200.00** | PLUS HST

- ⊙ Focus on developing strength and flexibility in the swing
- ⊙ Identify areas lacking mobility, strength and stability and how to improve
- ⊙ Two one hour warm up and measurement session (1st and last session)
- ⊙ Basic TPI screen, Trackman distance/speed date report

TEE IT FORWARD JUNIOR PROGRAM

90 MINUTE SESSIONS

\$60.00 ⊙ PER HOUR (INDIVIDUAL) PLUS HST

\$40.00 ⊙ PER HOUR (2 STUDENTS) PLUS HST

\$30.00 ⊙ PER HOUR (4 STUDENTS MAXIMUM) PLUS HST

- ⊙ Focus on developing short game and putting skills. Stage based program focusing on developing confidence from 25-200 yards depending on skill level.
- ⊙ Chipping and putting scores recorded each week with weekly leader board results.

GIRLS CLUB

\$40.00 ⊙ PER HOUR (2 STUDENTS) PLUS HST

\$30.00 ⊙ PER HOUR (4 STUDENTS MAXIMUM) PLUS HST

Girls only program with a fun based approach to skill development. Games will be used to promote specific skills.

TO REGISTER FOR COACHING PROGRAMS PLEASE CONTACT

JON BLOMME

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