



PEAK PERFORMANCE GOLF
INSTRUCTION • FITNESS • EQUIPMENT



Team Birdie Ages 4-8



TIER 1: 30 Minute Sessions

TIER 2: 45 Minute Sessions

TIER 3: 1 Hour Sessions

See schedule for dates, times and full pricing details separately

Team Birdie is designated towards young golfers who are starting out or who have been playing a few years but are not course ready. Within Birdie, we aim to show structure of the game, and an understanding of clubs.

TIER 1

The program is structured around learning in a fun environment to introduce and reinforce the fundamental skills and love of coming back and learning. Instruction will involve development of all fundamental skills, building proper movement patterns and coordination in these young golfers.

TIER 2

This program begins to introduce more advanced technical skills, as well as course setup, rules and etiquette, with the aim that these young golfers can soon confidently join their families on course. Focus on essential junior athlete development.

TIER 3

The level, they are able to demonstrate consistency with developed skill. Golfers are to have been in Tier 2 or other junior program previously. Tier 3 is here to challenge developed skills and increasing amounts of competition with obtaining greater knowledge on and off the course.





PEAK PERFORMANCE GOLF
INSTRUCTION • FITNESS • EQUIPMENT



Team Eagle

Ages 9-12



TIER 1: 1 Hour Sessions

TIER 2: 1 Hour Sessions + 1 Private Lesson

TIER 3: 1.5 Hour Sessions + 1 Private Lesson

See schedule for dates, times and full pricing details separately

Team Eagle is designated towards young golfers who a few years but are moving into being course ready. Within Eagle, we aim to show structure of the game, course etiquette and being knowledgeable of terms in golf.

TIER 1

The program is structured around learning in a fun environment to introduce and reinforce the fundamental skills and love of coming back and learning. Instruction will involve development of all fundamental skills, building proper movement patterns and coordination in these young golfers.

TIER 2

This program begins to introduce more advanced technical skills, as well as course setup, rules and etiquette, with the aim that these young golfers can soon confidently join their families on course. Focus on essential junior athlete development.

TIER 3

The level, they are able to demonstrate consistency with developed skill. Golfers are to have been in Tier 2 or other junior program previously. Tier 3 is here to challenge developed skills and increasing amounts of competition with obtaining greater knowledge on and off the course.





PEAK PERFORMANCE GOLF
INSTRUCTION • FITNESS • EQUIPMENT



Girls Club

Ages 4 - 11



TIER 2: 30 minute Sessions

TIER 3: 1 Hour Sessions + Private Lesson

See schedule for dates, times and full pricing details separately

The program curriculum will be the same as the developing tier they are in, but themes, concepts and coaching style will be geared towards how girls tend to learn in these young years.

These programs hope to provide the foundation for friendships with fellow female golfers as these girls become ready for on course play.

TIER 2

Ages 4-7

TIER 3

Ages 8-11

Both Tier's in the golf are open to New Female golfers, or Females who have been playing. We separate by age groups, but as well as skill.

As one of the largest growing female sports with huge room for potential opportunity, we want girls to find their groove together in this program.

Girls who ROCK golf, ROCK!





PEAK PERFORMANCE GOLF
INSTRUCTION • FITNESS • EQUIPMENT



Peaks Academy Team



Ages 13+

See schedule for dates, times and full pricing details separately

Welcome to Peaks Academy Golf Team!

As a team member of Peaks Academy, you are granted a number of benefits, those being:

- Full Membership to Peak in the Winter
- 2 hour weekly group session
- 1 hour golf sessions; Coach Brad
- 1 hour physical training; Coach Mike
- 1 hour weekly Mental Coaching; Children and Parents
- 1 Free Club Fitting from Modern Golf by Jeff Swain

\$599 + HST per month for 8 months

