

Individual Lessons

With Academy Instructors

	Juniors	Adults
One 45 minute lesson	\$45	\$70
Three 45 minute lessons	\$125	\$195
Five 45 minute lessons	\$195	\$305

With Director of Instruction

	Juniors	Adults
One 60 minute lesson	\$45	\$125
Three 60 minute lessons	\$125	\$345
Five 60 minute lessons	\$195	\$540
C-Swing Video Analysis	\$75	\$150
On-Course Instruction	\$75/hour	\$150/hour
Player Development Program	\$1000	\$1500

The Player Development Program features over 20 hours of instruction, 2 video assessments, 3 hours of on-course instruction and more! The program is available March 15 to September 30. For the serious golfer (of any ability) looking to take their game to the next level!

Club Fitting \$100^{+gst}

The Harvest Golf Club is the Okanagan's premier facility for custom fitting golf equipment. We utilize the fitting systems of Ping, Taylor Made, Adams, Titleist and Cobra for drivers, fairway metals, hybrids, irons, wedges and putters. Our staff of CPGA Professionals will assist you in choosing the correct equipment for your game at competitive pricing. As an added incentive, purchase your equipment from The Harvest and your fitting is complimentary.



Performance Coaching

From \$129

Interested in having your game assessed by a CPGA Professional? Jacques Héroux, a Golf Professional of 37 years, will help you to learn *how* to perform better where it counts: ON THE GOLF COURSE! Jacques' program consists of 6 hours of personal coaching! Jacques will meet with you before the game and gather valuable information about you to create your golfing profile. He will assist you on how to prepare before teeing off and will be on-course with you to observe and take specific notes on your swing, your routines and your game. To bring it all together, Jacques will present and discuss with you a detailed written report about specific solutions that will improve your score on the golf course and allow you to have more fun! Call Jacques directly at 250-718-8106 to book your session!

Adult Group Programs

For Ladies Only!

\$215^{+tax}

The evolution of the popular 'Beat Your Husband at Golf' program! Learn about the game, your swing, equipment, rules, etiquette and the FUNdamentals of golf! This 4 week program includes 4 hours of instruction and a voucher for The Harvest's '9 & Dine' (a \$50 value!).

Session 3

Fridays - August 8, 15, 22, 29 (9:00 to 10:00)

Saturdays - August 9, 16, 23, 30 (9:00 to 10:00)

For all ages and abilities! Maximum 6:1 player to instructor ratio

Enroll in Academy Programs @
www.harvestgolf.com/academy

2725 K.L.O. Road Kelowna, BC V1W4S1

P:250.862.3103 F:250.862.3107

www.harvestgolf.com academy@harvestgolf.com

Rob Anderson's Golf Academy

@ The Harvest Golf Club



Academy Programs

Active Start Camp

\$79^{+tax}

For young athletes just starting out! This is an enhanced 4 day camp based on our 'Active Start' program and includes 4 hours of instruction and fun, physical activity, rules, etiquette and safety. Wear running shoes and be ready to move! Ages 4 to 6

Summer Sessions - July 23, 24, 25, 26 (10:30 to 11:30)

- August 6, 7, 8, 9 (10:30 to 11:30)

FUNDamentals Camp

\$109^{+tax}

Recommended for golfers who have participated previously or who have completed our Active Start Camp! Develop strength and fundamental movements for putting, pitching, sand play and full swing. Includes 6 hours of instruction over 4 days, fun games, physical activity, rules, full swing. Wear running shoes and be ready to move! Ages 7 to 12

Summer Sessions - July 23, 24, 25, 26, (12:00 to 1:30)

- August 6, 7, 8, 9 (12:00 to 1:30)

Li'l Tigers Camp

\$139^{+tax}

For young stars who have completed our Fundamentals Camp or who actively participate to develop strength and refined fundamental movements for all parts of the game. Includes 8 hours of instruction over 4 days, fun games, physical activity, and rules. Wear running shoes and be ready to move! Ages 13 to 18

Summer Sessions - July 23, 24, 25, 26 (2:00 to 4:00)

Note to Parents: Our Summer Camps are specifically for young athletes who have shown an interest in the game and wish to explore golf as 'their' sport. Students are required to take part in some physical activity to develop healthy habits and to learn basic physical skills relative to all sports. Water will be supplied to promote proper hydration and a healthy snack will be provided after each day's lesson.

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iQuest Golf Academy

The iQuest Golf Academy includes the following components:

Golf Instruction & Coaching:

Led by Rob Anderson, Director of Instruction at The Harvest Golf Club, the program includes detailed individual evaluation, video analysis, individual and group coaching, and regular re-evaluation. Golf coaching will be held at the Harvest Golf Club and at the iQuest Athletic Performance Centre's indoor Golf Simulator.

Physical Training Program:

Sport specific training is critical for golfers to be able to compete at their best. The iQuest Golf Performance training program includes comprehensive fitness evaluations, biomechanical assessment, and golf specific training led by Kinesiologists, Exercise Physiologists, and Physiotherapists.

Mental Coaching:

Mental coaching is a pre-requisite for any amateur or professional golfer. Emotional management is a learned skill that separates great athletes from the rest. Increasingly, emotional self-regulation is being recognized as a key factor to balance the inner state, recover from injuries and illnesses and improve performance. More than ever before, coaches and athletes are aware of the importance that mental focus has on the athlete's performance level.

Other Components:

Education on key aspects of sport performance such as nutrition, injury management, tournament preparation, and periodization.

- Medical Support: iQuest's Sports Medicine Physician, Dr Willie Cheyne, and the healthcare team at iQuest provide support to the program to ensure athletes are able to train and compete at their highest level.
- Professional Golf Career Preparation
- Custom Club Fitting
- Golf Simulator. Golf Simulator practice sessions

The iQuest Okanagan Golf Academy Team:

Golf Performance Coaches:

Rob Anderson:

A CPGA member since 1993, Rob competed on the Canadian Tour for 4 seasons. He joined the Harvest Professional staff in 1998 and was named 2003 BCPGA Teacher of the Year and 2007 Head Professional of the Year. In April 2005, Rob was recognized by the National Post as one of Canada's top 50 instructors and is an NCCP Level 2 Coach.

Sean Richardson:

Sean has been working at golf courses since the age of nine, starting his career at the 108 Golf Resort. With stops at the Quilchena Golf Club, Crown Isle Resort, Musqueam Golf Club, the Falls Golf Club and Mayfair Lakes Golf Club prior to becoming the Royal Canadian Golf Association Regional Coach, and the British Columbia Golf Association Provincial Coach. During his career, Sean has worked with some of the brightest golfers in Canada. Most recently, Sean has joined Predator Ridge Golf Club in the position of Director of Instruction. Sean brings an enthusiasm to his coaching and enables his students to achieve their goals regardless of if they are looking to develop their game over time or compete at the highest level.

Mental Coach: Dirk Stroda

Dirk Stroda, is the founder of Peak Performance Mental Coaching, and has been working with High Performance athletes and clients for over 20 years. His flagship program for athletes is called 'Leading Athletes to Greatness and True Success'. The program has enabled world-class and Olympic athletes, Canadian National Champions, World Cup athletes as well as amateur athletes to achieve the highest levels of well-being, performance and resilience that are critical in today's fast changing competitive environment.

Physiotherapists: [Scott Fitzgerald](#) & [Ryan Bachmeier](#)

Exercise Physiologist: [Jordelle Dupre](#)

Lead Trainer: [Kim Froom](#)

Program Director: [Lorne Friesen](#)

For Further information, call Rob @ 862-3103, ext 244.