

Junior Eagles Club (JEC) 3 Month Performance Program

Junior Eagles Club (JEC)

Ages 7-18 - \$299

- Weekly lessons focusing on playing golf, learning new practice drills and mastering those basic skills. Weekly challenges and fun tournaments.
- All Club Members receive 5 range units and 2 green fees per month.
- Pre-requisite – JE-3
- It is highly recommended to take private lessons once a week in conjunction with JEC and the performance program to maximize potential.

Class type	Day	Start Date	Time	Coach
JEC *girls only U9	Saturday	April. 1 – June. 24	9-1030am	Shiella
JEC *girls only U15	Tuesday	April. 4 – June 20	430-6pm	Shiella
JEC	Thursday	April. 6 – June 22	4-530pm	Kyle
JEC	Monday	April. 10 – June 26	4-530pm	Trevor

6 Month Performance Program

Ages 7-18 - \$599

- 6 month program is in a group atmosphere with 4-8 kids.
- All lessons will include the use of Video, FlightScope analysis and on course training.
- Session will include theories around mental strategy, tactical management, fitness and nutrition.
- All athletes will receive 5 range units and 2 green fees/month

Contact Shiella Cowan scowan@eaglequestgolf.com to set up a pre-program interview.