

# TPI Physical Assessment & Exercise Program \$150.00

*Includes a personalized physical assessment of player's body*

- Determines player's muscle and joint limitations;
- Determines limitations in areas of the body as it pertains to golf such as stability, mobility, flexibility and strength issues;
- Creation of a 6-week personalized exercise program to assist in developing those limitations within player's body.
- Exercise program re-assessment.

# Lakewood Junior Program

**Runs June through August**

- Includes 11 hours of instruction throughout the summer;
- Introduction to basic rules and golf etiquette / swing fundamentals / putting, chipping and pitching fundamentals;
- Junior play days throughout the summer (skill level determines the number of holes juniors will play);
- Junior interclub;

*Ask for complete details at the proshop*



Canada's Junior Golf Program

- Parent / child tournament and closing banquet;
- Certificate of achievement;
- Lots of prizes throughout the year;
- Advanced junior private instruction;
- Fun, fun, fun for all age groups.



**LAKEWOOD**  
GOLF RESORT

## Instructional Programs

**with Scott Bergdahl,**  
*C.P.G.A. Professional*  
**and**  
**Jorden Jensen,**  
*Aspiring Professional*



**LAKEWOOD**  
GOLF RESORT



@lakewoodgolf



lakewoodgolfresort



Scott Bergdahl



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[www.lakewoodgolfresort.ca](http://www.lakewoodgolfresort.ca)



# Programs taught by CPGA Head Golf Professional Scott Bergdahl

## Private Instruction (45 minutes per lesson)

		with a 3 hole playing lesson	with a 9 hole playing lesson
Private 1	\$90.00	X	X
Private 3	\$245.00	\$310.00	\$375.00
Private 5	\$360.00	\$425.00	\$495.00
Private 10	\$690.00	\$755.00	\$825.00

## Semi Private Instruction

(2-3 player max., 60 minutes per lesson, cost per person)

		with a 3 hole playing lesson	with a 9 hole playing lesson
Semi-Private 1	\$55.00	X	X
Semi-Private 3	\$155.00	\$205.00	\$250.00
Semi-Private 5	\$225.00	\$275.00	\$320.00
Semi-Private 10	\$375.00	\$425.00	\$470.00

## Coach For The Season

One Player	\$1,150.00
Two Players	\$775.00 each

One lesson per week (May through August - 16 lessons)

This program is personalized to each student and is designed to develop all areas of your game and ultimately lowering scores. Areas include swing fundamentals using video analysis, shortgame, sand play, trouble and specialty shots, playing lessons developing golf course management and much, much more.

## Private Playing Lessons

One Player	\$175.00 each
Two Players	\$125.00 each
Three Players	\$115.00 each
Group / Corporate (min 4 players)	\$95.00 each

See instructor for details.

## Group / Couples Instruction

Four to eight players only	\$99.00
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4 one hour lessons, must form own group.  
Contact instructor for details.

## Short Game Clinics

8 players max	\$69.00 each
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3 hours of instruction.  
Contact instructor for details.

**Yearly Driving Range Membership Available.**

Prices do not include GST

# Meet Your Instructors

## Scott Bergdahl



P. 403.887.2477

C. 403.505.3673

E. [scottbergdahl@telus.net](mailto:scottbergdahl@telus.net)

- TPI Certified
- CPGA Member for over 25 years
- Head Golf & Teaching Professional at Lakewood Golf Resort
- Former Head Coach for Red Deer College Golf Team
- 2010, 2013, 2016, 2018 ACAC Coach of the Year
- Awarded PGA of Alberta Assistant Professional of the Year in 2000



## Jordan Jensen

P. 403-887-2477

C. 613-363-9352

E. [jordenjensen@gmail.com](mailto:jordenjensen@gmail.com)

- Professional Golf Management Advanced Diploma, Niagara College

# Programs taught by aspiring Golf Professional Jordan Jensen

## Instruction (45 minutes per lesson)

Instruction 1	\$50.00
Instruction 3	\$135.00
Instruction 5	\$200.00
Instruction 10	\$385.00

## Instruction

(2-3 player max., 60 minutes per lesson, cost per person)

Instruction 1	\$35.00
Instruction 3	\$95.00
Instruction 5	\$140.00
Instruction 10	\$240.00

## Group / Couples Instruction

Four to eight players only \$59.00  
4 one hour lessons, must form own group.  
Contact instructor for details.

## Short Game Clinics

8 players max \$49.00 each  
3 hours of instruction.  
Contact instructor for details.

Prices do not include GST



# Summer Junior Camps

Ask the pro shop for details.