



## **2025 Adult Boot Camp Improvement Program**

### **GENERAL INFORMATION:**

These two day boot camps are designed to challenge your skills in all aspects from putting, chipping and full shots. Bridging the gap between coaching and the course, by giving you the experience of testing your new skills in various ways. Each participant receives a guided workbook with their personalized practice plan to help them achieve their learning outcomes and ultimately their goals.

### **ITINERARY:**

- |  |                            |
|--|----------------------------|
| • Registration and Dynamic Warm Up                                     | <b>12:00 PM – 12:15 PM</b> |
| • Identify Metrics for Tracking Successful Practice                    | <b>12:15 PM – 12:30 PM</b> |
| • Short Game / Long Game / Putting Practice Stations                   | <b>12:30 PM – 1:30 PM</b>  |
| • Halfway Debrief  | <b>1:30 PM – 1:40 PM</b>   |
| • Refined Short Game / Long Game / Putting Practice Stations / Testing | <b>1:40 PM – 2:40 PM</b>   |
| • Review, Cool-Down and Wrap Up  | <b>2:40 PM – 3:00 PM</b>   |

### **ADULT BOOT CAMP IMPROVEMENT PROGRAM FEES & INCLUSIONS:**

- \$400.00 + HST
- Personalized Practice Plan Workbook
- Student to Coach ratio no greater than 4:1

### **REGISTRATION & SCHEDULE 2025 (check all applicable dates):**

Register by email to [academy@georgianbayclub.com](mailto:academy@georgianbayclub.com). **The maximum number of participants is 8 per program.**

#### **PROGRAM DATES & LOCATION (check all applicable dates)**

- |   |   |
|---|---|
| <input type="checkbox"/> Monday, May 12 <sup>th</sup> & Tuesday, May 13 <sup>th</sup>   | <input type="checkbox"/> Monday, July 7 <sup>th</sup> & Tuesday, July 8 <sup>th</sup>       |
| <input type="checkbox"/> Monday, May 26 <sup>th</sup> & Tuesday, May 27 <sup>th</sup>   | <input type="checkbox"/> Monday, July 21 <sup>st</sup> & Tuesday, July 22 <sup>nd</sup>     |
| <input type="checkbox"/> Monday, June 9 <sup>th</sup> & Tuesday, June 10 <sup>th</sup>  | <input type="checkbox"/> Monday, August 4 <sup>th</sup> & Tuesday, August 5 <sup>th</sup>   |
| <input type="checkbox"/> Monday, June 23 <sup>rd</sup> & Tuesday, June 24 <sup>th</sup> | <input type="checkbox"/> Monday, August 18 <sup>th</sup> & Tuesday, August 19 <sup>th</sup> |

All Adult Boot Camp Improvement Program Sessions at Academy at The Georgian Bay Club

**PLEASE NOTE: ONCE YOUR REGISTRATION FORM IS RECEIVED, A CONFIRMATION EMAIL WILL BE SENT WITHIN 48 HOURS AND ALL REGISTRATION FEES PROCESSED.**

Full Name: \_\_\_\_\_ Gender (circle):    Male        Female

Email Address: \_\_\_\_\_

Medical Conditions/Allergies: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Contact Number: \_\_\_\_\_

Payment Information (please circle):     Visa     Amex     MasterCard     Member Account # \_\_\_\_\_

Name of Credit Card Holder: \_\_\_\_\_

Number: \_\_\_\_\_ Exp (mm/yy): \_\_\_\_\_ Amount: \$ \_\_\_\_\_

Signature: \_\_\_\_\_ Date (dd/mm/yy): \_\_\_\_\_