



FARMINGTON
— FAIRWAYS —

LESSONS & PACKAGES

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Table OF CONTENTS

MEET THE PRO	3
<i>Why Take Lessons</i>	3
<i>Benefits of Lessons</i>	3
<i>What to Expect</i>	3
LESSONS: INDIVIDUALS & GROUP	4
<i>One on One Lessons</i>	4
<i>Adult</i>	4
<i>Junior</i>	4
<i>Group Lessons</i>	4
<i>Adult</i>	4
<i>Junior</i>	4
LESSONS: PACKAGES	5
<i>Individual Packages</i>	5
<i>Beginner Focused</i>	5
5-Lesson Starter Swing Program	5
On-Course Beginner	5
<i>Intermediate Focused</i>	6
Short Game Mastery	6
Consistency Builder	6
<i>Advanced/Low Handicap Focused</i>	6
Scoring Improvement Program	6
<i>Junior/Family Packages</i>	7
<i>Junior Program</i>	7
Junior Development	7
<i>Family Program</i>	7
Family Fun Program	7
<i>Couples Packages</i>	8
<i>Couples Date Night</i>	8
<i>Couples on Course</i>	8



MEET THE PRO

My name is Sebastian Rigsby, and I am the Head Pro here at Farmington Fairways. Having lived on this golf course for more than half my life, I naturally developed a deep passion for the game. After high school, I knew I wanted to pursue a career as a golf professional, which led me to Calgary to gain the education and experience I needed. I completed a Business Administration diploma at SAIT while spending three years working under a golf pro at Blue Devil Golf Course, where I learned to teach players of all ages, develop technical skills, design course strategies, manage the mental and physical aspects of the game, and understand the rules, etiquette, and operations of golf. Once I completed the required hours, I challenged the Player Ability Test (PAT) in early 2024 in Edmonton, passing at the top of my division. Now as a registered PGA Professional, I'm excited to share my passion with golfers of all levels. Whether you're brand new to the game, looking for on-course guidance, or seeking to refine specific skills, the lessons & packages below offer something for everyone. I look forward to working with you.



WHY TAKE LESSONS?

Taking golf lessons is one of the best ways to build confidence on the course and enjoy the game even more. Whether you're brand-new to golf or looking to sharpen your skills, lessons help you understand proper technique, improve consistency, and avoid the frustration that comes with trial-and-error. With guidance from a trained instructor, you'll develop better swing mechanics, learn smart course strategy, and pick up helpful tips that make every round more fun and rewarding. Golf lessons aren't just about playing better—they're about getting more out of every moment on the course.

BENEFITS OF LESSONS

- Learn proper fundamentals and avoid bad habits.
- Improve faster with personalized feedback and corrections.
- Gain a more consistent, repeatable swing.
- Understand course strategy, club selection and shot choices.
- Reduce injury risk with better mechanics.
- Practice more effectively with targeted drills.
- Build confidence and enjoy the game more.
- Learn mental strategies for focus and handling pressure.
- Track progress and set measurable goals for improvement

WHAT TO EXPECT

- **Warm-Up & Goals:** Start with a quick warm-up and discuss your goals.
- **Skill Assessment:** Your instructor will observe your swing and technique.
- **Instruction & Drills:** Learn tips and practice drills to improve your game.
- **Hands-On Practice:** Apply what you've learned with real-time feedback.
- **Review & Takeaways:** Get clear guidance and exercises to practice between lessons.
- **Supportive Environment:** Lessons are fun, encouraging, and confidence-building.



Lessons

INDIVIDUAL & GROUP

ONE ON ONE GOLF LESSONS

Our one-on-one golf lessons are tailored specifically to your game. Whether you're a beginner learning the basics or an experienced player aiming to fine-tune your swing, Sebastian will provide personalized attention and guidance.

What's included:

- Customized drills to improve technique
- Short game and putting instruction
- Strategy and course management tips
- Progress tracking and follow-up recommendations
- Use of practice facility and equipment

Benefits:

- Learn at your own pace
- Immediate feedback and correction

INDIVIDUAL LESSONS

1 Hour	\$70
Package of 3	\$170 <i>Save \$40</i>

INDIVIDUAL JUNIOR LESSONS

(Ages 7-13)

1 Hour	\$50
Package of 3	\$130 <i>Save \$20</i>

GROUP GOLF LESSONS

Group lessons are a fun and social way to improve your golf skills while learning alongside others. These sessions are perfect for friends, family, or colleagues looking to enjoy golf together. Sebastian will keep the sessions engaging while addressing individual needs within the group setting.

What's included:

- Instruction on swing fundamentals, short game, and putting
- Group drills and skill challenges
- Interactive coaching with personalized attention
- Fun, friendly environment for learning and networking
- Use of practice facility and equipment

Benefits:

- Affordable way to receive professional coaching
- Learn by observing others and sharing experiences
- Encourages teamwork and friendly competition

GROUP LESSONS

(2-4 People)

1 Hour	\$90
Package of 3	\$240 <i>Save \$30</i>

GROUP JUNIOR LESSONS

(Ages 7-13)

(2-4 People)

1 Hour	\$70
Package of 3	\$180 <i>Save \$30</i>



Lessons PACKAGES

INDIVIDUAL PACKAGES

BEGINNER-FOCUSED:

5-Lesson Starter Swing Program - \$400

Perfect for new golfers who want strong fundamentals, confidence on the course, and a repeatable swing built step-by-step.

Quick Overview:

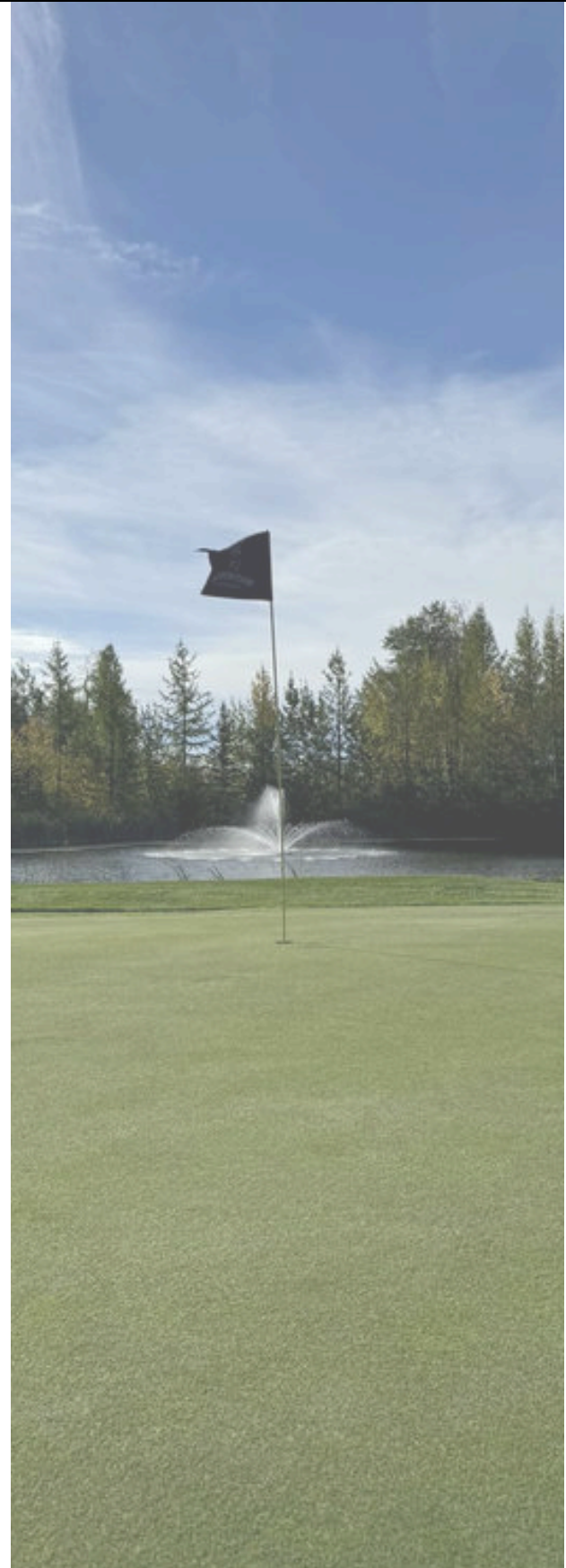
- 5 one-hour lessons covering essential golf fundamentals
- Setup, grip, posture, and alignment
- Iron contact and full-swing mechanics
- Short-game skills: putting, chipping, distance control
- Driver fundamentals for power and accuracy
- Rules & etiquette handout
- Progress reports and video analysis
- On-course skills and shot-planning
- Builds confidence and a consistent, repeatable swing

On-Course Beginner Program - \$375

Beginners who can hit the ball and want to feel comfortable playing on an actual golf course

Quick Overview:

- 3 Driving range lessons (swing fundamentals)
 - Grip, stance, posture review
 - Iron vs driver setup
 - Basic swing mechanics
 - Contact and ball flight basics
 - Alignment & aim
 - Chipping and putting
 - Simple practice routine for the range
- 1 On course lesson (3-5 holes, possibly all 9 depending on pace)
 - Tee box setup & strategy
 - Course management (where to aim, when to play safe)
 - Shot selection & club choice
 - Keeping score
 - Pace of play
 - Basic rules & etiquette
 - Green fees, cart fees, balls and tees included



Lessons PACKAGES

INDIVIDUAL PACKAGES

INTERMEDIATE FOCUSED:

Short Game Mastery - \$320

Golfers of any level who want to dramatically improve scoring by mastering chipping, pitching, putting, and bunker play. Perfect for lowering scores and gaining confidence in all areas inside 100 yards.

Quick Overview:

- 4 one-hour lessons focused on improving scoring around the green
- Chipping fundamentals: technique, landing spots, and club selection
- Pitching and approach shots from various distances
- Bunker play: sand shots and escape strategies
- Putting mastery: stroke mechanics, green reading, and distance control
- Short-game drills and practice routines for consistency
- Personalized feedback with video analysis (optional)
- Designed to lower scores by building confidence and precision around the greens

Consistency Builder - \$480

Golfers with some experience who want to tighten their swing, improve ball-striking, build repeatable movement patterns, and lower scores through structured, focused coaching.

Quick Overview:

- 6 one hour lessons
- Full swing assessment with video analysis
- Improve iron contact, ball-striking, and ball-flight control
- Driver consistency: accuracy, power sequencing, and center-face contact
- Short-game performance: wedges, chipping, putting, and bunker play
- On-course strategy, shot-planning, and routines
- Personalized drills, progress tracking, and practice templates
- Designed to deliver measurable, long-term consistency

ADVANCED / LOW HANDICAP FOCUSED:

The Scoring Improvement Program is designed to help golfers lower their scores by focusing on the parts of the game that matter most. This program targets short game, course management, and smarter decision-making to eliminate unnecessary strokes.

Scoring Improvement Program - \$700

Quick Overview:

- 10 lessons over 8-12 weeks
- Course strategy
- Three 9 hole playing lessons
- Statistical analysis using shot tracking
- Green fees and cart fees included



Lessons PACKAGES

JUNIOR/FAMILY PACKAGES

JUNIOR PACKAGE

Junior Development - \$350

This program is designed to introduce young golfers to the game in a fun, safe, and structured environment. This program focuses on building strong fundamentals, athletic movement, and confidence while teaching proper golf technique, rules, and etiquette.

Quick Overview:

- 8 week program (45 minutes each lesson)
- Designed for all ages between 6-16
- Fun, safe, and structured learning environment
- Age-appropriate instruction for all skill levels
- Focus on golf fundamentals (full swing, short game, putting)
- Development of athletic movement and coordination
- Introduction to rules, etiquette, and sportsmanship
- Skill-based drills and games to keep juniors engaged
- Emphasis on confidence, teamwork & enjoyment of golf

FAMILY PACKAGE

Family Fun Program- \$250

The Family Fun Package is designed to bring families together through golf in a relaxed and enjoyable environment. This package introduces the game in a fun, interactive way that's perfect for all ages and skill levels — no experience required.

Quick Overview:

- 3 group lessons (3-5 people)
- Designed for families of all ages and skill levels
- Fun, relaxed, and welcoming environment
- Learn basic golf skills through games and activities
- No prior golf experience required
- Focus on teamwork, confidence, and enjoyment
- Great introduction to golf for kids and parents
- Emphasis on quality family time and positive experiences

SWING, LAUGH, REPEAT
quality time with the ones you love



Lessons PACKAGES

COUPLE PACKAGES

Couples Date Night - \$150

Enjoy a fun evening of golf, games, and friendly competition with your partner! This relaxed session includes light instruction, practice swings, putting challenges, and brunch, lunch or dinner and drinks before or after your golf experience. Perfect for beginners looking for a unique and memorable date night.

Quick Overview:

- 1 hour lesson
- Fun, relaxed evening for couples
- Light golf instruction and engaging games
- Practice full swing, putting, and short game together
- Friendly competitions and challenges
- Dinner and drinks included before or after the session
- Perfect for first-time golfers or couples looking for a unique date night

TEEING OFF TOGETHER

making memories one swing at a time



Couples On-Course - \$220

Take your golf skills to the course together! Enjoy guided instruction, fun challenges, and tips on shot selection, putting, and course strategy — perfect for couples looking to play, learn, and enjoy golf side by side.

Quick Overview:

- Guided on-course instruction for couples
- Practice shot selection, short game, and putting
- Learn course strategy and management
- Fun challenges and games during play
- Perfect for beginners or those looking to play their first round together
- Quality time outdoors and shared golf experience
- Green Fees and Cart Fees included



FREQUENTLY ASKED QUESTIONS (FAQ)

Do I need to be good at golf to take lessons?

Not at all. Lessons are designed for all skill levels, from complete beginners to experienced and low-handicap golfers. Programs are tailored to meet you exactly where you're at.

I'm brand new to golf, which program should I start with?

If you're new to golf, the **5-Lesson Starter Swing Program** or the **On-Course Beginner Program** are excellent places to start. These programs focus on fundamentals, confidence, and learning how to actually play on the course.

What should I bring to my lesson?

Just bring yourself, comfortable clothing, and a willingness to learn. Clubs can be provided if needed. Golf shoes are recommended but not required for beginners.

How long is each lesson?

Most lessons are 1 hour, unless otherwise stated (junior programs are typically 45 minutes). On-course lessons may vary slightly depending on pace of play.

Are lessons held on the range or course?

Both. Lessons may take place on the driving range, short-game area, putting green, or on the course, depending on the program you choose and your goals.

Can I book a lesson as a gift?

Yes! Lessons and packages make great gifts. Gift certificates are available — please contact us to arrange one.

How do I book a lesson or package?

Lessons can be booked by emailing farmingtonfairways@gmail.com or calling 250-843-7774. Availability may vary, so advance booking is recommended.

What is your cancellation policy?

Please provide at least 24 hours' notice for cancellations or rescheduling. Late cancellations may result in the lesson being forfeited.

Are juniors required to have prior golf experience?

No experience is necessary. Junior programs are designed to be fun, safe, and age-appropriate, focusing on fundamentals, coordination, and confidence.

Are green fees included?

Green fees and cart fees are included only in programs where specifically stated (such as on-course lessons and select packages). Please review each package description for details.

How long do lesson packages last?

Lesson packages should be completed within the recommended timeframe listed in each program to ensure consistency and progress. Extensions may be discussed if needed.

Will I see improvement after lessons?

Every golfer is different, but with consistent attendance and practice, most students see measurable improvements in confidence, consistency, and scoring.

