



...building confidence and skill one arrow at a time

AJ Archery Programs

Rev.9-1-18

<p>Initial Consultation and Archer Evaluation - FREE</p> <p>Archers must complete an Initial Consultation prior to first session marked with an asterisk.*</p> <p>This includes Private Coaching Sessions and the Weekly Group Lesson Package.</p>	<p>Weekly Group Lesson Package * 5 one-hour sessions for \$90 per archer Youth, Adult & Mixed group sessions</p> <p>Progressive sessions include study of Safety & Range Rules, Shot Cycle, Stretching & Fitness, Equipment, Archery Conditioning, and training for both Recreational and Competitive shooting.</p>	<p>Private Coaching Sessions * \$45 per hour per archer</p> <p>Sessions designed between student and Coach AJ.</p> <p>Highly recommended for those with specific needs and Competitive Archers</p>
<p>Date Night - Group \$60 per couple for 2-hour session Up to 10 archers</p> <p>Safety & Range Rules Instruction Basic Shooting Instruction Target Shooting</p>	<p>Group Sessions - Celebrate an Event (Birthday, Anniversary, Achievement) \$30 per archer - 2-hour session Youth, Adult and Mixed group sessions - 6-person minimum.</p> <p>Safety & Range Rules Instruction Basic Shooting Instruction Target Shooting</p>	<p>Family Group \$90 for 2-hour session - Up to 4 family members</p> <p>For larger family groups pricing to be determined.</p> <p>Safety & Range Rules Instruction Basic Shooting Instruction Target Shooting</p>
<p>Scout Groups - School/Church Groups - Homeschoolers - Special Youth/Adult Groups \$12 per archer - 2-hour session Youth, Adult and Mixed group sessions - 6-person minimum. Safety & Range Rules Instruction Basic Shooting Instruction Target Shooting</p>	<p>Corporate Team-Building Pricing to be determined</p> <p>Range and Classroom Sessions are available and can be custom-designed for your group and objectives.</p> <p>Lunchtime Sessions Available 2-Hour & 4-hour Sessions</p>	<p>Military Personnel Sessions \$25 per archer - 2-hour session Present your CAC or Uniformed Services ID for discount.</p> <p>Adult Group Sessions - minimum 4</p> <p>Sessions designed between student group and Coach AJ.</p>
<p>Open Range Time \$10 per hour per archer</p> <p>Call to schedule range time.</p> <p>No instruction, may use own equipment after inspection by Coach AJ. Equipment also available for fee.</p>	<p><u>USA Archery Instructor Courses</u></p> <p>Level 1 Archery Instructor</p> <p>Level 2 Archery Instructor</p> <p>Check website for details and forms.</p>	<p><u>Workshops available for your Group</u></p> <p>Conditioning for the Archer</p> <p>Equipment - What's it all about?</p> <p>Positive Mindset - I can do it!</p> <p>Hydration - how essential is it?</p> <p>How to make your own arrows</p>
<p><u>Design your own Program</u></p> <p>What topics interest you?</p> <p>Customize sessions for your group.</p>	<p>Coach AJ Berning-Matell</p> <p>USA Archery Level 3-NTS Coach NRA Chief Range Safety Officer</p>	<p>Equipment provided for students or use your own - after inspection. All archers must observe Range Safety Rules. Must wear closed-toe shoes, no baggy clothes, no large jewelry, long hair must be tied back, no gum, no alcohol prior to or during. Bring own water bottle and snack. Phones silent.</p>