

Optimal

GOLF PERFORMANCE



Optimal GOLF Performance Services:

PGA Teaching Professionals

Indoor Trackman Academy

Zen Green Stage UAE

Indoor Putting Studio

Practice and Play Bay Hire

Exclusive Memberships

Strength & Conditioning For Golfers

- Pre Round Warm Up Routines & Swing Drills
- Mobility & Strength
- Power & Swing Speed Training

Coaching & Fitness Programmes

Golf Performance Assessments

Nutritional Support

Biomechanical Feedback

Specialist Custom Fitting

Corporate Events & Golf Days

On Course Assessments



Golf Coaching

Optimal Golf Performance Dubai is the first Indoor Golf Performance Academy powered by Trackman within the UAE. Assess, measure and keep track of your game using state of the art technology.

Optimal Golf Performance is pleased to announce the integration of all it's technologies with the Zen Green Stage producing the best possible indoor golf experience within the UAE.

Optimize all areas of your game from putting to full swing on accurate real life slopes.

This non linear approach will challenge you and ultimately reveal your Optimal Performance! Learning through self discovery enables a player to regulate their own performance giving the player complete ownership of their game!

Golf Training



At OptimalGOLF Performance we believe through Strength & Conditioning for golf you can become more adaptable and more coachable.

Identify and solve the functional bottlenecks of the human body.

Become a refined mover through our in-depth Mobility analysis.

Our digital measurement and analysis discovers the range of motion through the joints of the body.

A quick screening gives you the awareness of the issues and we will create key training movements for relief and improvement.

We can help you understand and practice control, symmetry and range of motion of the joints. Mobility is required for all activity especially golf.

OptimalGOLF Performance Dubai have discovered through working with golfers across the UAE that the majority of golfers have insufficient ranges of motion.

Often resulting in reduced performance levels or the inability to improve the efficiency within their golf swing!

The common site of injury is neck, upper or lower back, shoulder, elbow, wrist, hip & knee.

We have developed a golfers toolkit together with sport and healthcare professionals to improve golfers performance, prevent injury and pain, and speed up recovery.

Our support is guaranteed!





Golf Performance



By joining OptimalGOLF you can discover where you are currently in your golfing journey, discover your optimal Swing and learn preventive measures to pain or injury whilst enhancing your performance on the golf course with all of the available offerings.

Fitness - Movements/Strength/rotation

UAE No.1 Golf Fitness Performance Programmes

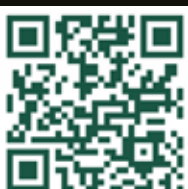
-  Power & Strength
-  Speed & Flexibility
-  Conditioning & Mobility
-  Movement & Flexibility Techniques
-  Mind and Body Approach

Optimal GOLF OPTIMAL GOLF PERFORMANCE EXCLUSIVE MEMBERSHIP

PAR PACKAGE	BIRDIE PACKAGE	EAGLE PACKAGE
Trackman Bay Hire	Trackman Bay Hire	Trackman Bay Hire
<ul style="list-style-type: none"> • 1x60 Minute Trackman Bay Hire • Book practice/play sessions for just 175 AED p/hour (200 AED for non-members) • 7 day online priority booking • Complimentary OGP Accessory/ Shirt • 3-Month Minimum Contract • OGP Gym Access 	<ul style="list-style-type: none"> • 4x60 Minute Trackman Bay Hire • Book practice/play sessions for just 150 AED p/hour (200 AED for non-members) • 7 day online priority booking • Complimentary OGP Shirt • 3-Month Minimum Contract • OGP Gym Access 	<ul style="list-style-type: none"> • 8x60 Minute Trackman Bay Hire • Book practice/play sessions for just 125 AED p/hour (200 AED for non-members) • 7 day online priority booking • Complimentary OGP Shirt • 3-Month Minimum Contract • OGP Gym Access
200 AED Per Month	499 AED Per Month	899 AED Per Month

Golf Coaching	Golf Coaching	Golf Coaching
<ul style="list-style-type: none"> • 5x60 Minute Golf Swing Optimization Sessions • 1x60 Minute Group Golf Fitness Session (Plus Guest Pass) • Book practice/play sessions for just 175 AED p/hour (200 AED for non-members) • 7 day online priority booking for practice/play sessions • Complimentary OGP Merchandise • OGP Training Application (Pro Programme) • OGP Gym Access (x1 Guest Pass) 	<ul style="list-style-type: none"> • 10x60 Minute Golf Swing Optimization Sessions • 1x60 Minute Group Golf Fitness Session (Plus Guest Pass) • Book practice/play sessions for just 150 AED p/hour (200 AED for non-members) • 7 day online priority booking • Complimentary OGP Merchandise • OGP Training Application (Pro Programme) • OGP Gym Access (x1 Guest Pass) 	<ul style="list-style-type: none"> • 12x60 Minute Golf Swing Optimization Sessions • 1x60 Minute Group Golf Fitness Session (Plus Guest Pass) • 3x30 Minute Trackman Bay Hire • Book practice/play sessions for just 125 AED p/hour (200 AED for non-members) • 7 day online priority booking • Complimentary OGP Merchandise • OGP Training Application (Pro Programme) • OGP Gym Access (x1 Guest Pass)
1895 AED	3595 AED	4495 AED

Golf Fitness	Golf Fitness	Golf Fitness
<ul style="list-style-type: none"> • 4x60 Minute Individual Golf Fitness Sessions • 1x60 Minute Golf Swing Optimization • 1x30 Minute Trackman Bay Hire • Complimentary OGP Merchandise • OGP Training Application (Elite Programme) • OGP Full Gym Access Plus Guest Pass 	<ul style="list-style-type: none"> • 8x60 Minute Individual Golf Fitness Sessions • 1x60 Minute Golf Swing Optimization • 2x30 Minute Trackman Bay Hire • Complimentary OGP Merchandise • OGP Training Application (Elite Programme) • OGP Full Gym Access Plus Guest Pass 	<ul style="list-style-type: none"> • 12x60 Minute Individual Golf Fitness Sessions • 1x60 Minute Golf Swing Optimization • 3x30 Minute Trackman Bay Hire • Complimentary OGP Merchandise • OGP Training Application (Elite Programme) • OGP Full Gym Access Plus Guest Pass
1195 AED Per Month	2195 AED Per Month	3195 AED Per Month



SCAN THE CODE FOR MORE SERVICES AVAILABLE



Additional Services



Optimal Golf Performance
Training App



Specialist Club Building
& Club Repairs



Golf Yoga & Pilates



Golf Wellness & Rehabilitation



Golf Advisory Services



Golf Simulator Installations



Specialist Golf Coaching Days
with PGA Professionals

