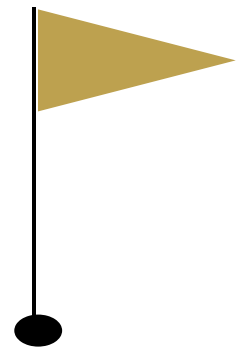
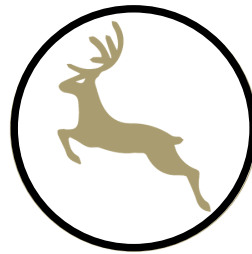


# GOLF TUITION



LEARN - PLAY - ENJOY - PERFORM

XAVIER MĒDAS

## INDIVIDUAL LESSON

1/2 Hour	€40
Junior U18 1/2 Hour	€20
1 Hour	€60
1 Hour Video Analysis	€60
4 Hole Playing Lesson	€60
Package 5 for 4 (5 x 1 Hour session of choice)	€240

## GROUP SESSIONS

Up to 4	€70/h
4 to 12	€100/h
Tailored Packages	POA

## UNDER AGE

Junior Programme All Year Round	POA
Junior U18 1/2 Hour	€20



## GOLF STRENGTH & CONDITIONING

Assessment & Programme (2 sessions)	€50
8 week programme (2+2 sessions)	€50



PGA  
ADVANCED  
PROFESSIONAL



XAVIER MĒDAS

PGA  
LEVEL III  
PROVINCIAL COACH

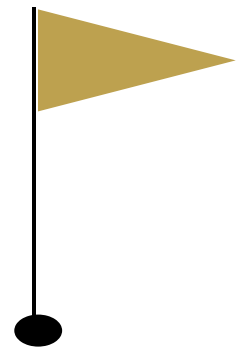


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# GOLF TUITION



LEARN - PLAY - ENJOY - PERFORM

XAVIER MĒDAS

## BIOGRAPHY

Xavier Médas is the PGA Advanced Professional & Director of Golf at Castle Dargan Golf Resort, Co.Sligo. Xavier has over 15 years of experience in the golf industry and has built a strong reputation as a coach progressing players from beginner to elite level. To enhance the player's potential, Xavier has specialised in Strength & Conditioning while being involved as Provincial Coach for the GUI & ILGU



## PHILOSOPHY

**LEARN** Develop the player's autonomy in all areas of the game

**PLAY** Progress to a playful experience on the golf course

**ENJOY** The best experience in a relaxed environment

**PERFORM** Progression is endless

PGA  
ADVANCED  
PROFESSIONAL



XAVIER MĒDAS

PGA  
LEVEL III  
PROVINCIAL COACH



GOLFING UNION OF IRELAND  
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