2026 Golf Lesson *Programs*

PAR & POUR GOLF

Steven Manchulenko

Director of Golf & Instruction | PGA of Canada Professional

Steven Manchulenko is a PGA of Canada Professional and experienced golf instructor with 10 years of coaching experience, working with players of all levels—from complete beginners to competitive college athletes.

Originally from a small rural community in Manitoba, Steven grew up playing multiple sports including hockey, baseball, basketball, and track and field. While he excelled in many areas, golf quickly became his true passion.

Steven competed in numerous Golf Manitoba and club events and played collegiate golf while attending the Professional Golf Management Program at Niagara College. His competitive accomplishments include holding two course records in Manitoba (61 and 62) and finishing T3 at the 2015 Manitoba PGA Championship.

As a self-taught golfer, Steven understands the challenges players face when trying to improve their swing. His coaching focuses on ball striking, solid fundamentals, athletic movement, and building a repeatable impact position that transfers to the golf course.

Whether you're picking up a club for the first time, trying to break 100, looking to take your game to the next level, or competing at the collegiate level, instruction is tailored to your individual goals and abilities.

STEVEN'S COACHING PHILOSOPHY

"Golf is a sport, and we need to train for it that way. My goal is to help every student move better, understand their swing, and build skills that actually transfer to the golf course."

BALL STRIKING FIRST

Better ball striking is at the heart of better golf.

Steven's coaching is built around helping players understand how to consistently deliver the club to the ball. Rather than overwhelming players with complicated swing thoughts, instruction focuses on creating efficient movement, quality contact, predictable ball flight, and a repeatable impact position.

The goal is simple: strike the ball better, understand why you're hitting it the way you are, and build a swing you can take to the golf course.

What Students Can Expect

- Better ball striking and quality of contact
- Strong fundamentals built for long-term improvement
- Improved consistency and predictable ball flight
- More efficient and athletic movement
- A repeatable impact position
- Structured practice habits
- Increased confidence on the course
- A simpler understanding of the golf swing
- Coaching tailored to your individual goals and ability

Steven has experience coaching all levels of golfers, from beginners learning the fundamentals to experienced players and college athletes looking to refine their performance.

PRIVATE GOLF LESSONS

Private & Semi-Private Lessons

Adult Private Lessons

1 HOUR | AGES 17+

PACKAGE	PRICE
Single Lesson	$125
3-Lesson Package	$360
5-Lesson Package	$600
8-Lesson Package	$950

All lesson pricing includes simulator bay time.

Each lesson is customized to the player's goals and can focus on everything from fundamentals and ball striking to driver performance, iron play, short game, scoring, and course management.

Semi-Private Lessons

1 HOUR | MAXIMUM 3 STUDENTS

Bring a friend, family member, or playing partner and improve your games together.

PACKAGE	PRICE
Single Lesson	$150
3-Lesson Package	$420

Simulator bay time included.

Semi-private lessons provide individual coaching and feedback while allowing players to learn and practice together.

26-WEEK COACHING PROGRAM

30 Minutes Every Week

Build your golf game throughout the year with consistent, structured coaching.

The 26-week program is designed for players who want more than occasional lessons. Consistent coaching allows us to build skills progressively, monitor improvement, and make adjustments throughout the season.

JUNIOR COACHING

$1,600

ADULT COACHING

$1,850

WHAT'S INCLUDED

- 26 weekly 30-minute coaching sessions
- Individualized instruction
- Progressive ball-striking development
- Regular swing and game evaluations
- Practice plans between sessions
- Ongoing feedback and adjustments
- Simulator bay time included

This program provides the structure and accountability needed to make meaningful long-term improvements.

JUNIOR GOLF LESSONS

Junior Golf Lessons

30-MINUTE LESSONS | AGES 16 & UNDER

Junior instruction is focused on developing strong fundamentals, athletic movement, and quality ball striking while keeping golf engaging and fun.

PACKAGE	PRICE
Single Lesson	$70
3-Lesson Package	$200
5-Lesson Package	$315

Simulator bay time included.

Lessons can be tailored to complete beginners, developing juniors, competitive players, and athletes looking to take their golf to the next level.

Playing Lesson

9 HOLES

Take your instruction directly onto the course and learn how to apply your skills in real playing situations.

PRICE

Simulator Rate + $50

Playing lessons can focus on:

- Course management
- Club selection
- Shot selection
- Pre-shot routine
- Strategy
- Scoring
- Playing under pressure
- Applying swing changes on the course

PERSONALIZED CLUB & DISTANCE EVALUATION

Gapping & Club Evaluation

Build a better understanding of your equipment and exactly how far you hit each club.

PRICE

Simulator Rate + $40

Perfect for players looking to build a reliable yardage system or determine whether their current equipment is properly suited to their game.

A gapping and club evaluation can include:

- Full bag distance gapping
- Carry and total distance
- Launch and spin analysis
- Club selection
- Yardage consistency
- Driver and fairway wood evaluation
- Iron and wedge gapping
- Identifying distance gaps or overlaps

TRAIN. PRACTICE. PLAY.

Train. Practice. Play.

At Par & Pour Golf, instruction isn't simply about hitting better shots during a lesson.

It's about developing better ball striking and skills that transfer to the golf course.

With 10 years of coaching experience and a background competing at a high level, Steven works with every player to understand their unique swing, improve their contact, and develop a more reliable game.

Whether you're learning the game, breaking 100, chasing a handicap goal, or competing at the college level, your instruction is built around your goals.

Ready to improve your ball striking?

BOOK YOUR LESSON WITH STEVEN MANCHULENKO

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