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Up your golf game with Moraga's new Sunday Swing

By Vera Kochan



Sunday Swing's Edwin Lee on the "putting green"
Photo Vera Kochan

Golfing indoors? Yep, and it's now a reality in Moraga. Sunday Swing is an indoor golf performance center that boasts expert instructors and tour-level technology to help anyone improve their golfing skills.

The location had its soft opening in April and a grand-opening in early June at the Moraga Shopping Center at 1480 Moraga Rd., Suite D (formerly the CVS space). Co-owners Edwin Lee and Lee McClure are hoping to offer something new to all of the golfers in the area.

Both Lamorinda residents are avid golfers, with Lee having played on Stanford University's golf team. "We were always helping people out on the range and thought about how we could give better instruction," explained Lee. "We try to help people get out of their own heads and focus on their technique." Lee's kids are also golfers, and his son, Alex, helps out at the facility.

Sunday Swing has two coaches on staff with Professional Golfers' Association experience. Cody Robinson is a former assistant coach for Saint Mary's College where he also played, along with his stint on Washington State University's golf team. Joshua Kelley played in the NCAA championships while on SMC's team and offers more than 10 years of teaching experience. Both men have participated in various tours internationally. "The coaching sessions start with an assessment," stated Lee. "It's true coaching, as opposed to 'I'm just here to fix your swing.'"

Their first step is to assess by benchmarking a client's ability, setting some goals and setting up a plan with the coaches. The next step is training by achieving goals through focused sessions. The third step is to practice by leveraging Sunday Swing's technology and coaches to develop the client's skills. Next comes play -- the act of actually taking the improved skills to a golf course. Lastly, in order to continue building on the game, go back to step one.

On the technological side, Sunday Swing offers a variety of equipment to boost anyone's golfing skills. In addition to the Activation Room (weight training), there's Puttview, Trackman, Titleist Performance Institute, and Sportsbox AI. Puttview is an indoor putting green embedded with the latest Puttview Interactive Putting Technology to revolutionize a player's putting game. It helps the golfer learn to understand the impact of read, line, and speed. Trackman offers four state-of-the-art swing bays that give comprehensive swing data and video capture along with the ability to play thousands of courses on one of golf's best simulators. The fitness and recovery area is designed for Titleist Performance Institute programming and optimized for golf performance. The organization is dedicated to the study of how the human body functions in relation to the golf swing.

Sunday Swing is open seven days a week and caters to any level of golfer. They have even coached a couple of grade school kids wanting to improve their game, and beginning in July, Sunday Swing will offer Summer Junior Golf Camps.

All clients must bring their own golf clubs, however, bags, towels, hats, golf balls and gloves are sold on the premises. For more information visit: www.sundayswinggolf.com or call (925) 257-2264.

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