

Lesson	Location	Topic	Cost	Resources
Lesson 1	Club House	Range Safety & Etiquette Basic Handling, Magazine Filling and Stoppages	\$6	Videos 2 X 9mm 2 X .22LR 2 X .357 Rev Dummy Rounds Magazines (1 – 2 coaches)
Lesson 2	Club House / Air Range	Marksmanship Principals, Range Etiquette and Intro to Range Commands	\$6	Pistol Australia Coaching Slides Air Pistol Range Officer Guide ( <a href="http://www.nrc-pa.com/guides.htm">http://www.nrc-pa.com/guides.htm</a> ) 2 X Air Pistols (1 – 2 coaches)
Lesson 3	Club House / Air Range	Marksmanship Principals Range Etiquette and Range Commands	\$6	Air Pistol Range Officer Guide ( <a href="http://www.nrc-pa.com/guides.htm">http://www.nrc-pa.com/guides.htm</a> ) 2 X Air Pistols (1 – 2 coaches)
Lesson 4	Range 1	Introductory Shoot  5 shots out of each: <ul style="list-style-type: none"> <li>• 9mm semiauto</li> <li>• .357 revolver</li> <li>• .22LR semiauto</li> </ul> Cleaning	\$6	1 X 9mm Norinco 1 X .22LR Ruger 1 X .357 Revolver Ammunition Cleaning Kits Cleaning Videos Table to demo cleaning. (1 – 2 coaches)
Lesson 5	Range 1	Match Rules and Range Commands  3 X 5 shots precision 3 X 5 shots 20 seconds .22LR semiauto pistol	\$6	Standard Pistol Range officer Guide ( <a href="http://www.nrc-pa.com/guides.htm">http://www.nrc-pa.com/guides.htm</a> ) 4 – 8 X .22LR (1 coach per pistol in use) Ammunition Cleaning Kits
Lesson 6	Range 3	Match Rules and Range Commands Standard Pistol Match	\$6	Standard Pistol Range officer Guide ( <a href="http://www.nrc-pa.com/guides.htm">http://www.nrc-pa.com/guides.htm</a> ) 4 – 8 X .22LR (1 coach per pistol in use) Ammunition Cleaning Kits