



Spring Schedule of Events: Baseball

12 Elkay Drive - Chester, NY 10918 (845) 469-9507
Individual lessons are available by appointment
frozenropes.com/chester

BORN to HIT (ages 3-4) \$60 per session. Classes are 50 minutes.

An activity class designed to introduce children to athletic movement, supervised exercise and baseball!!

TUESDAY 10:00 am:

Session 1: Mar 30, Apr 6, 13, 20
Session 2: Apr 27, May 4, 11, 18
Session 3: May 25, Jun 1, 8, 15

FRIDAY 11:00 am:

Session 4: Mar 19, 26, Apr 2, 9
Session 5: Apr 16, 23, 30 May 7
Session 6: May 14, 21, 28, Jun 4

SATURDAY 10:00 am:

Session 7: Apr 3, 10, 17, 24
Session 8: May 1, 8, 15, 22

BORN to PLAY (ages 3-4) \$60 per session. Classes are 50 minutes.

Players experience different sports and games. Baseball, softball, soccer, football, backyard games and more.

MONDAY 1:00 pm

Session 1: Mar 29, Apr 5, 12, 19
Session 2: Apr 26, May 3, 10, 17
Session 3: May 24, Jun 7, 14, 21

WEDNESDAY 10:00 am

Session 4: Mar 31, Apr 7, 14, 21
Session 5: Apr 28, May 5, 12, 19
Session 6: May 26, Jun 2, 9, 16

WEDNESDAY 1:00 pm

Session 7: Mar 31, Apr 7, 14, 21
Session 8: Apr 28, May 5, 12, 19
Session 9: May 26, Jun 2, 9, 16

SUNDAY 12:00 pm

Session 10: Mar 28, Apr 11, 18 (\$45)
Session 11: Apr 25, May 2, 9, 16
Session 12: May 23, 30, Jun 6, 13

BORN to KICK (ages 3-4) \$60 per session. Classes are 50 minutes.

Introduces players to soccer skills: running, shooting, flexibility, body control, passing & dribbling.

MONDAY 10:00 am:

Session 1: Mar 29, Apr 5, 12, 19
Session 2: Apr 26, May 3, 10, 17
Session 3: May 24, Jun 7, 14, 21

TUESDAY 1:00 pm:

Session 4: Mar 30, Apr 6, 13, 20
Session 5: Apr 27, May 4, 11, 18
Session 6: May 25, Jun 1, 8, 15

THURSDAY 1:00 pm:

Session 7: Apr 1, 8, 15, 22
Session 8: Apr 29, May 6, 13, 20
Session 9: May 27, Jun 3, 10, 17

FRIDAY 2:00 pm:

Session 10: Apr 2, 9, 16, 23
Session 11: Apr 30, May 7, 14, 21
Session 12: May 28, Jun 4, 11, 18

ROOKIE CLASS (ages 5-6) \$80 per session. Classes are 60 minutes.

Introductory baseball class focusing on the Big Three: hitting, fielding and throwing.

MONDAY 5pm:

Session 1: Mar 29, Apr 5, 12, 19
Session 2: Apr 26, May 3, 10, 17
Session 3: May 24, Jun 7, 14, 21

THURSDAY 5pm:

Session 4: March 25, Apr 1, 8, 15
Session 5: Apr 22, 29, May 6, 13
Session 6: May 20, 27, Jun 3, 10

SATURDAY 11:30am:

Session #7: Apr 3, 10, 17, 24
Session #8: May 1, 8, 15, 22
Session #9: May 29, Jun 5, 12, 9

MINOR LEAGUE CLASS (ages 7-9) \$100 per session. Classes are 60 minutes.

Instructional class with game situations designed to improve hitting, throwing and fielding skills.

TUESDAY 5pm: Session 1: Mar 30, Apr 6, 13, 20

SATURDAY 2pm: Session 4: Apr 3, 10, 17, 24

Session 2: Apr 27, May 4, 11, 18

Session 5: Apr 22, 29, May 6, 13

Session 3: May 25, Jun 1, 8, 15

Session 6: May 29, Jun 5, 12, 19

SCOPE & ROPE HITTING (ages 7-12) \$100 per session. Classes are 60 minutes.

Hit for more power and for a higher average!

MONDAYS 6pm: Session 1: Mar 29, Apr 5, 12, 19

Session 2: Apr 26, May 3, 10, 17

Session 3: May 24, Jun 7, 14, 21

PITCHING BOOT CAMP (ages 7-12, 13 and up) \$120 per session. Classes are 60 minutes.

Mound work • Improve your in-between throwing schedule • Mechanics review for your next start, improve control • In-season conditioning

MONDAY 7pm (ages 12 and under): Session 1: Apr 12, 19, 26, May 3, 10, 17

Session 2: May 24, June 7, 14, 21, 28, Jul 5

TUESDAY 5pm (ages 13 and up): Session 3: Apr 13, 20, 27, May 4, 11, 18

Session 4: May 25, Jun 1, 8, 15, 22, 29

HITTING BOOT CAMP (ages 7-12, 13 and up) \$120 per session. Classes are 60 minutes.

Hitting specific strength training with individual and small group hitting drills. Live batting practice along with in-game mental skills training.

SUNDAY 2pm (ages 12 and under): Session 1: Mar 28, Apr 11, 18, 25, May 2, 9

Session 2: May 16, 23, 30, Jun 6, 13, 20

THURSDAY 7pm (ages 13 and up): Session 3: Mar 11, 18, 25, Apr 1, 8, 15

Session 4: Apr 22, 29, May 6, 13, 20, 27

RockFit CLASS (ages 9-12) and ADVANCED ROCKFIT (ages 13 and up)

\$95 per session. Classes are 60 minutes. The ultimate conditioning class for the serious athlete.

ROCKFIT (ages 9-12)

FRIDAY 5pm: Session 1: Apr 2, 9, 16, 23

Session 2: Apr 30, May 7, 14, 21

Session 3: May 28, Jun 4, 11, 18

SUNDAY 12pm: Session 4: Mar 28, Apr 11, 18, 25

Session 5: May 2, 9, 16, 23

Session 6: May 30, Jun 6, 13, 20

ADVANCED ROCKFIT (ages 13 and up)

MONDAYS 7pm: Session 1: Mar. 8, 15, 22, 29

FRIDAYS 6pm: Session 2: Mar. 5, 12, 19, 26

SATURDAYS 4pm: Session 3: Mar. 6, 13, 20, 27

TURN and BURN SPEED SCHOOL (ages 9-12) and ADVANCED TURN and BURN (ages 13 and up)

\$95 per session. Classes are 60 minutes. Speed strength training, dynamic stretching, sprint plyometrics *Overload speed techniques *Sport specific running

Turn and Burn (ages 9-12)

WEDNESDAY 6pm: Session 1: Feb 17, 24, Mar 3, 10, 17, 24

Session 2: Mar 31, Apr 7, 14, 21, 28, May 5

Session 3: May 12, 19, 26, Jun 2, 9, 16

SUNDAY 2pm: Session 4: Feb 14, 21, 28, Mar 7, 14, 21

Session 5: Mar 28, Apr 11, 18, 25, May 2, 9

Session 6: May 16, 23, 30, June 6, 13, 20

ADVANCED Turn and Burn (ages 13 and up):

FRIDAY SESSION 7pm: Mar 5, 12, 19, 26, Apr. 2, 9

SATURDAY SESSION 9am: Mar 6, 13, 20, 27, Apr. 3, 10