

ADVANCED PITCHING ACADEMY (ages 8-18) \$95 per person. Classes are 60 minutes.

Increase velocity and improve control while learning new pitches and grips.

Wednesdays 6pm:

Session 1: Mar 31, Apr 7, 14, 21 \$95

Session 2: Apr 28, May 5, 12, 19 \$95

Session 3: May 26, Jun 2, 9, 16 \$95

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

GOLD LEVEL HITTING (ages 8-18) \$95 per person. Classes are 60 minutes.

Hitting, hitting and more hitting. Emphasis on improving power and hitting to all fields.

Wednesdays 6pm:

Session 1: Mar 31, Apr 7, 14, 21

Session 2: Apr 28, May 5, 12, 19

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

THROW LIKE A GIRL (ages 8-18) \$95 per person. Classes are 60 minutes.

Girls throw better than boys! Arm action and throwing drills to improve your overall defensive game.

Tuesdays 6pm:

Session 1: Mar 30, Apr 6, 13, 20

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

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

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

GIRLS NIGHT OUT CLASS (ages 7-16) \$95 per person. Classes are 60 minutes.

Focusing on the Big 3: hitting, throwing, fielding and running speed.

Tuesdays 5pm:

Session 1: Mar 30, Apr 6, 13, 20

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

Session 5: May 25, Jun 7, 14, 21

CREATE-A-CLASS Baseball of Softball (ages 7-16)

\$25 per person. Classes are 60 minutes.

Combine friends and/or teammates to create your own class.

The group chooses the instructional topics. Call to schedule. Minimum of 3 players.