

**REGISTRATION FOR CLASSES AVAILABLE ON-LINE, BY APPLICATION, OR BY PHONE**

Player's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Address \_\_\_\_\_ Parent's Name \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone Number \_\_\_\_\_  
Emergency Phone Number \_\_\_\_\_ Email Address \_\_\_\_\_  
Class Day & Time \_\_\_\_\_ Session# \_\_\_\_\_ Discount Code \_\_\_\_\_ Total Payment \$ \_\_\_\_\_  
Visa ( ) MasterCard ( ) Credit Card #: \_\_\_\_\_ Exp. Date \_\_\_\_\_

**Make checks payable to and mail to: Frozen Ropes, 300 Executive Blvd. Elmsford, NY 10523**  
Tel: (914) 345-3377 Fax: (914) 345-3383 [www.frozenropes.com/elmsford](http://www.frozenropes.com/elmsford) Email: [Elmsford@frozenropes.com](mailto:Elmsford@frozenropes.com)  
**ALL PROGRAMS HAVE LIMITED ENROLLMENT**



**WORLD MEMBERSHIP PROGRAM**  
Don't leave home plate without it!  
Look what you receive as a world member!

- ◆ Earn 5% cash rewards each time you visit Frozen Ropes
- ◆ Special membership pricing on all programs and Pro Shop sales
- ◆ Access to our National Video Training Library offering tips and drills on how to improve your game

*Cost: \$245 Annual World Membership*

**INTRO PACKAGE**

5 x 1/2 hr. lessons & 5 x 30 min. rentals: \$299  
5 x 1/2 hr. lessons & 5 x 60 min. rentals: \$399

**INDIVIDUAL LESSONS:**

Individual lessons are offered in packages of:

- 3 x 1/2hr.: \$150
- 5 x 1/2hr.: \$250
- 10 x 1/2hr.: \$475
- 20 x 1/2hr.: \$900

\*Video Profile: \$200

**BUDDY CLASSES (2 players)**

10 x 1 hr. classes: \$500 per player

**PRIVATE CLASSES (3-5 players)**

10 x 1 hr. classes: \$350 per player

**HITTING TUNNEL (35mph-80 mph)**

Iron-Mike, Pro Batter, & Jugs Softball Machine

- 15 min. = \$20                      30 min. = \$30
- 45 min. = \$45                      60 min. = \$60

Infield rental -- \$240 per hour



**FROZEN ROPES  
TRAINING CENTER**

300 Executive Blvd.  
Elmsford, NY 10523  
Phone: 914-345-3370  
Fax: 914-345-3383

Email: [elmsford@frozenropes.com](mailto:elmsford@frozenropes.com)

**2011-12  
GIRLS' WINTER  
SCHEDULE OF EVENTS**

- ◆ Girls' Night Out!
- ◆ After School Academy
- ◆ Windmill Pitching Classes
- ◆ School Vacation Camps
  - ◆ Born to Play

*\*Look inside for program details\**

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***FEATURED INSTRUCTORS***

Our featured instructors for the 2011-12 winter season are Head Coach Roni Rivera and Assistant Coach Jen Lapicki of the Iona College Gaels....

**WINNERS OF BACK-TO-BACK,  
NCAA DIVISION I MAAC  
CONFERENCE CHAMPIONSHIPS!**

## Girls' Night Out!

Develop your skills in the off season with our Girls' Night Out program.

Players will focus on the mechanics of hitting, throwing & fielding!

\*10-week program, 2 days per week\*

### *SELECT SESSION DATES:*

Session #1: Begins week of 11/28/11

AND/OR

Session #2: Begins week of 2/27/12

### *SELECT DAYS:*

Mondays & Wednesdays

OR

Tuesdays & Thursdays

### *TIMES:*

Groups 1 & 2 (ages 7-9 & 10-12): 6-7 pm

Groups 3 & 4 (ages 13-15 & 16-18): 7-8 pm

\*Players separated by age and skill\*

*\$450/player*

## Windmill Pitching Classes

Wednesdays

5:00 pm-6:00 pm (ages 7-12)

6:00 pm-7:00 pm (ages 13-18)

Session #1: Weeks of Jan 2-Feb 6  
(Make-up week: week of Feb 13)

Session #2: Weeks of Feb 27-Apr 2  
(Make-up week: week of Apr 9)

*\$215/player*

## After School Softball Academy

Players will enjoy working in a class setting with our instructors and improving their hitting, throwing and fielding skills. Each class will consist of hands-on instruction, stations & controlled games.

\*6-week program, 1 day per week\*

### *SELECT SESSION DATES:*

Session #1: Weeks of Jan 2-Feb 6  
(Make up week: Week of Feb 13)

AND/OR

Session #2: Weeks of Feb 27-Apr 2  
(Make-up week: Week of Apr 9)

### *SELECT DAY:*

Mondays

4:00-5:00 pm: Ages 6-8

5:00-6:00 pm: Ages 9-12

OR

Wednesdays

4:00-5:00 pm: Ages 9-12

5:00-6:00 pm: Ages 6-8

*\$200/player*



## School Vacation Camp

There's no better way to spend your time off from school than attending our School Vacation Camp! Topics will include: hitting, pitching, fielding, catching, strength, speed, and agility. Players will be divided by age & skill level.

### *SELECT CAMP(S):*

Dec. 26-30 (Mon-Fri)

Feb 20-24 (Mon-Fri)

Apr 16-20 (Mon-Fri)

\*9am to 4pm\*

\*Lunch Included\*

*\$225/player*

## Born To Play

An activity class designed to introduce 3-5 year olds to athletic movement, supervised exercise, and softball skills.

\*6-week sessions, 1 day per week\*

\*Minimum 4 players per class\*

### *SELECT SESSION DATES:*

Session #1: Weeks of Jan 2-Feb 6  
(Make-up week: week of Feb 13)

AND/OR

Session #2: Week of Feb 27-Apr 2  
(Make-up week: week of Apr 9)

### *SELECT DAY & TIME:*

Thurs: 1-1:50, 2-2:50

Sat: 9-9:50, 10-10:50, 11-11:50 am

Sun: 9-9:50, 10-10:50, 11-11:50 am

*\$195/child*