

Winter Schedule of Events Baseball Ages 3-12

2012 Class Sessions

Session 1: January 9th-February 4th

Session 2: February 6th-March 10th

(Skips Feb Break Week, 2/20-2/25)

Session 3: March 12th- April 7th

All Classes are \$80 for 4 weeks



160 Despatch Drive
East Rochester, NY 14445

585-385-0420

www.frozenropes.com/rochester

<u>Individual Lessons</u>			<u>Tunnel Rentals</u>			<u>Create Your Own Class (60 minutes)</u>	
Amount	12 & Under	13+	30 min		60 min		
1 Lesson	\$40	\$45	Hitting Tunnel	\$25	\$45	2 players\$45 each per hr
10 Pack	\$360	\$400	1/2 Facility	N/A	\$140	3 players\$35 each per hr
20 Pack	\$650	\$720	Full Facility	N/A	\$200	4 players\$30 each per hr
50 pack	\$1500	\$1650	<i>Call for Multi-day Discounts</i>			5 players\$25 each per hr

	Mondays	Tuesdays	Wednesdays	Thursdays
5:30pm	Initiation Academy (Ages 4-6)	Rookie Academy (Ages 7-8)	Pitching Class (Ages 9-12)	Minors Academy (Ages 9-10) Majors Academy (Age 11-12)
6:30pm	Hitting Boot Camp (Ages 10-12)	Hitting Boot Camp (Ages 10-12)	Pitching Boot Camp (Ages 10-12)	Minors Hitting Class (Ages 9-10) Majors Hitting Class (Ages 11-12)
	9:00am	10:00am	11:00am	1:00pm
Saturdays	Infield Defense Boot Camp (Ages 10-12)	Initiation Academy (Ages 4-6) Rookie Academy (Ages 7-8) Hitting Boot Camp (Ages 10-12)	Minors Academy (Ages 9-10) Majors Academy (Ages 11-12)	Minors Hitting Class (Ages 9-10) Majors Hitting Class (Ages 11-12)

Class Descriptions For Baseball Ages 5-12

Academy Classes

(Initiation, Rookie, Minors and Majors)

A great mix of learning and fun. We instruct ballplayers in the Big 3: hitting, throwing and fielding, using age-appropriate drills and competitions to build a solid foundation of skills. A great way to learn and develop in a group atmosphere.

\$80/Session

Hitting Classes

(Minors and Majors)

Hitting classes will cover everything from grip, set-up and strides to ensuring proper balance, vision and pitch recognition. Hitting consistent Frozen Ropes to all fields through a variety of drills and competitions is the ultimate goal of the class.

\$80/Session

Hitting Boot Camp

Hitting Workouts are a more intense version of our traditional hitting classes. Players will be pushed to take their swing to the next level through a variety of drills and strength and conditioning designed to develop more power, better pitch recognition and situational hitting.

Perfect for the travel level ball player.

\$80 /Session

Pitching Class

Our first focus is a proper, fluid and injury-free throwing motion. Age-appropriate drills and exercises to develop a proper pitching motion and throwing consistent strikes. Proper warm-ups and stretching are highlighted as well as potential for learning secondary pitches.

\$80/Session

Pitching Boot Camp

Pitching Boot Camps are a more intense version of our traditional pitching classes. Players will learn to develop secondary pitches and learn to use more of their lower body through a variety of drills and strength and conditioning. Commanding the strike zone will be key. Perfect for the travel level ball player.

\$80/Session

Infield Defense Boot Camp

The perfect class to work on all aspects of defense from position specific drills to team defense. Players will get work at their primary positions in small groups then work on situations and team play as a large group. Instruction will be available for all infielders including catchers. The full facility is used so we can use our indoor infield. Great Higher

Level Offering

\$80/Session

Winter Break Camps and Clinics

Spend the Holiday Season with Frozen Ropes! Whether it is to break in the new glove, get some swings with the new bat or to improve your game before next season, we have plenty of options for all age groups.

Holiday Fun Camp Half Day \$65 Full Day \$120

Monday-Tuesday Dec. 26 & 27th (2Days)

Half Day 9:30am-12:00pm

Full Day (includes lunch) 9:30am-3:30pm

Minors and Majors Pitching Clinic \$30

Wednesday, December 28th 9:30am-12:00pm

Minors and Majors Hitting Clinic \$30

Wednesday, December 28th 1:00pm-3:30pm

Birthday Parties

From the first pitch until the last run scored, a Frozen Ropes Birthday Party is one your ballplayer and guests will remember for a long time. There are 2 party packages to meet your needs. And, we can design a specific birthday party for your son or daughter if you're in need of something different. Our party coaches will lead age-appropriate, high-energy games to ensure fun is had by ball. From there, we're off to the colorfully decorated private party room for refreshments, cake and presents. And while all this is going on, you just sit back, relax and enjoy. Our staff will handle everything.

Call today for available dates and pricing or check our online flyer!

Friday Hit Club

Fridays 3:00pm-6:00pm

Come in Fridays and get in as many swings as you can during this time. Whether it is hitting off the tee, iron mike machines, or live swings from a parent or teammate. \$10 a player per week

Born to Play Ages 3-4

A fun and energetic class designed to introduce young children to athletic movements, balance, coordination and baseball! Perfect for half day pre-school children and those looking for a winter play group activity.

Call to schedule your group at a day and time that works for you!

Create Your Own Class

If you can't make it to the classes on our schedule but still want to get the best training in town or if you have a group of players or team that would like to train together, we have you covered. Call us and we can create a class at a time and day that works for your group. Classes can be created in any game disciplines to meet your needs. Rates for create your own class are highlighted above!