

Winter Schedule of Events Softball 10+

F R O Z E N R O P E S Fast Pitch

2012 Class Sessions

Session 1: January 9th-February 4th

Session 2: February 6th-March 10th (Skips February 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

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Individual Lessons

Amount	12 & Under	13+
1 Lesson	\$40	\$45
10 Pack	\$360	\$400
20 Pack	\$650	\$720
50 pack	\$1500	\$1650

Tunnel Rentals

	30 min	60 min
Hitting Tunnel	\$25	\$45
1/2 Facility	N/A	\$140
Full Facility	N/A	\$200
<i>Call for Multi-day Discounts</i>		

Create Your Own Class (60 minutes)

2 players.....	\$45 each per hr
3 players	\$35 each per hr
4 players	\$30 each per hr
5 players	\$25 each per hr

	Mondays	Tuesdays	Wednesdays	Thursdays
5:30pm	Lessons	Lessons	Softball Pitching (Ages 10-12) Lessons	Lessons
6:30pm	Lessons	Lessons	Softball Pitching (Ages 13+) Lessons	Softball Hitting Class (Ages 13+) Lessons

	10:00am	11:00am	12:00pm	1:00pm
Saturdays	Lessons	Softball Pitching (Ages 10-12) Lessons	Softball Hitting (Ages 10-12) Softball Pitching (Ages 13+) Lessons	Softball Hitting (Ages 13+) Lessons

Class Descriptions For Softball Ages 10+

Softball Pitching Classes

Learn proper grips, technique and warm-up routines. Age-appropriate drills, exercises and tools to strengthen arm and increase velocity. Ascend the pitching ladder, understanding differences of control, command, pitching game plan. Develop various pitches, overall pitching strategies/tactics, and pre/post-game routines.

\$80/Session

Softball Hitting Classes

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

\$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 Ages 9-12

\$65 Full Day \$120

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

Half Day 9:30am-12:00pm

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

Softball JV and Varsity Hitting Clinic \$30

Friday, December 30th 9:30am-12:00pm

JV and Varsity Fielding Clinic \$30

Friday, December 30th 1:00pm-3:30pm

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

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!