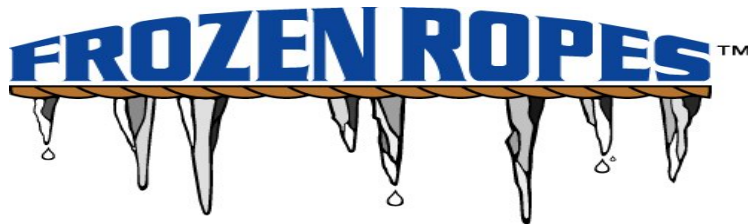


# High Performance Class



## A mix of Batting Practice, Diamond Strength and Live Hitting



- Pitchers throwing to hitters
- Simulated game play
- Space for tee work
- Functional strength training



Perfect for players getting ready for the season. It will give both pitchers and hitters and Idea of where are they are at this point in the year. Instructors will be available to give instruction when appropriate. Get a jump on competition today!

Mondays 6:30pm-8:00 pm

Session 1: Jan. 4, 11, 18, 25, Feb. 1, 8

Session 2: Feb. 22, Mar. 1, 8, 15, 22, 29

