



## 2010 Fall Schedule of Events: **BASEBALL**

24 Old Black Meadow Rd Chester, NY 10918

**(845) 469-9507**

*Individual lessons are available by appointment.*

*\*Indicates Rock Membership Pricing*

[www.TheRockSportsPark.com](http://www.TheRockSportsPark.com)

**Please Check Session(s) you're registering for.**

**BORN TO HIT** (ages 3-4) \$70/\*\$60 per session. Classes are 50 Minutes.

An activity class designed to introduce children to athletic movement, supervised exercises and baseball!!!

**Tuesday 10:00am:**

- Session 1: Sept 14, 21, 28, Oct 5
- Session 2: Oct 12, 19, 26, Nov 2
- Session 3: Nov 9, 16, 23, 30

**Friday 11:00am:**

- Session 4: Sept 17, 24, Oct 1, 8
- Session 5: Oct 15, 22, 29, Nov 5
- Session 6: Nov 12, 19, 26, Dec 3

**Saturday 10:00am:**

- Session 7: Sept 18, 25, Oct 2, 9
- Session 8: Oct 16, 23, 30, Nov 6
- Session 9: Nov 13, 20, 27, Dec 4

**BORN TO PLAY** (ages 3-4) \$70/\*\$60 per session. Classes are 50 Minutes.

Players experience different sports and games. Baseball, softball, soccer, football, backyard games and more.

**Wednesday 10:00am:**

- Session 1: Sept 15, 22, 29, Oct 6
- Session 2: Oct 13, 20, 27, Nov 3
- Session 3: Nov 10, 17, 24, Dec 1

**Sunday 12:00pm:**

- Session 4: Sept 19, 26, Oct 3, 10
- Session 5: Oct 17, 24, 31, Nov 7
- Session 6: Nov 14, 21, 28, Dec 5

**ROOKIE CLUB** (ages 5-6) \$95/\*\$80 per session. Classes are 60 Minutes.

Introductory baseball class focusing on the Big Three: Hitting, Throwing, Fielding

**Monday 5:00pm:**

- Session 1: Sept 13, 20, 27, Oct 4
- Session 2: Oct 11, 18, 25, Nov 1
- Session 3: Nov 8, 15, 22, 29

**Thursday 5:00pm:**

- Session 4: Sept 16, 23, 30, Oct 7
- Session 5: Oct 14, 21, 28, Nov 4
- Session 6: Nov 11, 18, Dec 2

**Saturday 11:30am:**

- Session 7: Sept 18, 25, Oct 2, 9
- Session 8: Oct 16, 23, 30, Nov 6
- Session 9: Nov 13, 20, 27, Dec 4

**FALL BALL** \$125/\*\$100 per session. One and one half hour session.

6 weeks of live game play! Competition in a learning environment, pre-game training session, weekly hitting practice at Frozen Ropes, Frozen Ropes t-shirt and hat.

**Friday 5:15pm (ages 6-8)**    **Friday 6:45pm (ages 9-10)**    **Friday 8:15pm (ages 11-12)**

Session 1: Sept 17, 24, Oct 1, 8, 15, 22

**MINOR LEAGUE** (ages 7-10) \$95/\*\$80 per session. Classes are 60 Minutes.

Instructional class with game situation designed to improve hitting, throwing and fielding skills.

**Tuesday 5:00pm:**

- Session 1: Sept 14, 21, 28, Oct 5
- Session 2: Oct 12, 19, 26, Nov 2
- Session 3: Nov 9, 16, 23, 30

**Saturday 2:00pm:**

- Session 4: Sept 18, 25, Oct 2, 9
- Session 5: Oct 16, 23, 30, Nov 6
- Session 6: Nov 13, 20, 27, Dec 4

**NEXT LEVEL BASEBALL** (ages 11-12) \$120/\*\$100 per session. Classes are 60 Minutes.

Instructional class designed to help hitters hit curve balls, infielders and outfielders to make fantastic catches. Live Game Play!

**Monday 6:00pm:**

- Session 1: Sept 13, 20, 27, Oct 4
- Session 2: Oct 11, 18, 25, Nov 1
- Session 3: Nov 8, 15, 22, 29

**Wednesday 5:00pm:**

- Session 4: Sept 15, 22, 29, Oct 6
- Session 5: Oct 13, 20, 27, Nov 3
- Session 6: Nov 10, 17, 24, Dec 1

**Continued On Back**

**HITTING BOOT CAMP** (ages 7-12, 13 and up) \$145/\*\$125 per session. Classes are 60 Minutes.  
Hitting specific strength training with individual and small group hitting drills. Live batting practice along with in-game mental skills.

**Thursday 6:00pm ages 7-12:**

- Session 1: Sept 16, 23, 30, Oct 7, 14, 21
- Session 2: Oct 28, Nov 4, 11, 18, Dec 2

**Tuesday 6:00pm ages 13 & up:**

- Session 3: Sept 14, 21, 28, Oct 5, 12, 19
- Session 4: Oct 26, Nov 2, 9, 16, 23, 30

**PITCHING BOOT CAMP** (ages 7-12, 13 and up) \$145/\*\$125 per session. Classes are 60 Minutes.  
Mound Work – Improve your in-between throwing schedule – Mechanics review for your next start, improve control

**Wednesday 7:00pm ages 7-12:**

- Session 1: Sept 15, 22, 29, Oct 6, 13, 20
- Session 2: Oct 27, Nov 3, 10, 17, 24, Dec 1

**Monday 7:00pm ages 13 & up:**

- Session 3: Sept 13, 20, 27, Oct 4, 11, 18
- Session 4: Oct 25, Nov 1, 8, 15, 22, 29

**ROCKFIT** (ages 9-12) **ADVANCED ROCKFIT** (ages 13 and up) \$110/\*\$95 per session. Classes are 60 Minutes.  
The ultimate conditioning class for the serious athlete.

**RockFit Friday 5:00pm:**

- Session 1: Sept 17, 24, Oct 1, 8
- Session 2: Oct 15, 22, 29, Nov 5
- Session 3: Nov 12, 19, 26, Dec 3

**Advanced RockFit Tuesday 6:00pm:**

- Session 4: Sept 14, 21, 28, Oct 5
- Session 5: Oct 12, 19, 26, Nov 2
- Session 6: Nov 9, 16, 23, 30

**TURN & BURN SPEED SCHOOL** (ages 8-18) \$110/\*\$95 per session.  
Speed strength training, dynamic stretching, sprint polymerics \*Overload speed techniques \*Sports specific running

**Wednesday 6:00pm:**

- Session 1: Sept 15, 22, 29, Oct 6
- Session 2: Oct 13, 20, 27, Nov 3
- Session 3: Nov 10, 17, 24, Dec 1

**Thursday 5:00pm:**

- Session 4: Sept 16, 23, 30, Oct 7
- Session 5: Oct 14, 21, 28, Nov 4
- Session 6: Nov 11, 18, 25 Dec 2



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