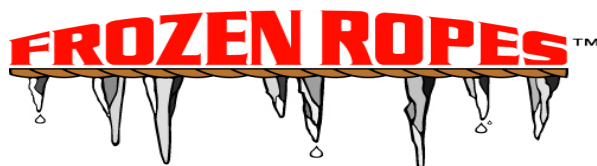


SUMMER BASEBALL SOE



3 – 12 Year Olds (June 25th, 2018 – Sept. 2nd, 2018)

*Classes * Lessons * Rentals * Camps/Clinics * Birthday Parties*

<p><u>Born To Play</u> (Ages 3-4) <i>Born to Play introduces your player to baseball in a teaching environment.</i></p>		
Saturdays 10:00 AM	Class length is 50 minutes	4 Weeks for \$60
<p><u>Rookie Class</u> (Ages 5-6) <i>A skills class focusing on the Big Four: Hitting, Throwing, Fielding & Catching.</i></p>		
Mondays 5:00 PM – 6:00 PM Saturdays 11:00 AM – 12:00 PM	4 weeks for \$80	<u>JUNE AND JULY SPECIAL</u> : 1 class for \$15!!!
<p><u>Minor League Class</u> (Ages 7-9) <i>An Instructional class with game situations designed to improve hitting, throwing, and fielding skills.</i></p>		
Thursdays 6:00 PM – 7:00 PM Saturdays 12:00 PM – 1:00 PM	4 weeks for \$80	<u>JUNE AND JULY SPECIAL</u> : 1 class for \$15!!!
<p><u>Major League Class</u> (Ages 10-12) <i>An advanced class for the older player. Designed to work on speed of play and increase players skill level.</i></p>		
Tuesdays 6:00 PM – 7:00 PM Saturdays 1:00 PM – 2:00 PM	4 weeks for \$80	<u>JUNE AND JULY SPECIAL</u> : 1 class for \$15!!!
<p><u>Pitching Boot Camp</u> (Ages 8-12) <i>All aspects of throwing and building a pitching delivery you can repeat along with a strength station to conclude class.</i></p>		
Mondays 6:00 PM – 7:00 PM	4 weeks for \$80	<u>JUNE AND JULY SPECIAL</u> : 1 class for \$15!!!
<p><u>Hitting Boot Camp</u> (Ages 8-12) <i>The Ultimate workout for any hitter. Situations, bat speed, strength, visual mechanics, contact angles and lots of reps. Quick moving stations to give you different looks and drills to improve every time out!</i></p>		
Thursdays 6:00 PM – 7:00 PM Saturdays 2:00 PM – 3:00 PM	4 weeks for \$80	<u>JUNE AND JULY SPECIAL</u> : 1 class for \$15!!!
<p><u>Catchers Clinic</u> – (ages 7-12) <i>Designed to introduce the proper mechanics to improve as a defensive catcher. A catcher with proper fundamentals and good mechanics can help a team win ball games.</i></p>		
Wednesdays 5:00 PM – 6:00 PM	6 weeks for \$125	Begins in October
<p><u>Speed and Agility Class</u> – <i>Core strength, speed and agility. This class is designed to help you with your footwork and core strength while increasing agility. A must for any player looking to make a major jump in their playing level.</i></p>		
	\$10 per class	***Will begin again in September!***

Private Lessons (Ages 5+) *Individual lessons available by appointment.* 30 min = \$45 60 min = \$80

5 pack (30 min) = \$185

30 pack (30 min) = \$960

10 pack (30 min) = \$360

40 pack (30 min) = \$1200

15 pack (30 min) = \$525

50 pack (30 min) = \$1400

20 pack (30 min) = \$680

100 pack (30 min) = \$2500

Facility and Cage Rentals *Rent one of our cages, pitching machines or our facility. Cages are available for reservation or on a first come, first serve basis. Ask about our seasonal rates!*

15 min = \$15 ▪ 30 min = \$25 ▪ 60 min = \$50

Birthday Parties: *Friendly staff and fun activities to entertain your players and amaze their friends!*

- 1 ½ hours total = 60 min of playing time, 30 min in party room (your choice of activities) \$180 (up to 10 players), \$10/ additional player
- 2 ¼ hours total (90 min of playing time, 45 min in party room (your choice of activities) \$230 (up to 10 players), \$10/ additional player
- 2 ¼ hours total (60 mins of playing time, 30 mins of Hit Trax, 45 min in party room (your choice of activities) \$300 (up to 10 players), \$10/ additional player

All parties include a T-Shirt for every player. A \$50 non-refundable deposit is required.

World Membership: *A Family Membership that saves you money and gives you free training time along with discounts on all lessons, classes, clinics and camps.*

- Family Membership: \$350 annual fee. Includes (12) ½ hour cage rentals and 2 free 30 minute lessons.

All memberships save you 25% off all classes, camps, clinics, and lessons along with 10% off all proshop purchases. Rentals and lessons are valid for 1 year from date of purchase.

All memberships include the Hit Trax annual player registration fee (\$100 value)

Summer Camps (Ages 6-12) *Camps provide expert instruction, innovative drills and up-tempo scrimmages.*

½ day = 8:30 AM – 12:00 PM

Full day = 8:30 AM – 3:30 PM

\$30 per day or \$100 for the week

\$40 per day or \$150 for the week

Full schedule of camps is online at frozenropes.com/albany

Frozen Ropes Albany
3 Interstate Ave. Albany, NY 12205
518-435-2424
www.frozenropes.com/albany