



# Have fun while you learn the right way!

**Exciting new drills and competitions to get your  
rookie player ready for the next level.**

## ROOKIE CLUB



**Rookie Club prepares your Little Leaguer for a successful upcoming season.**  
A fun, non-competitive and upbeat class format led by  
professional Frozen Ropes instructors focuses on the Big Three keys to success:

**• Hitting • Throwing • Fielding**

MONDAYS: 5pm to 6pm

Session #1:  
December \$100/\$75\*  
Session #2:  
January \$80/\$60\*  
Session #3:  
February \$80/\$60\*  
Session #4  
March \$80/60\*

**Additional days and times available for  
groups of 6 or more.**

**Ask a staff member for details.**

SATURDAYS: 11am to 12pm

Session #1:  
Dec. \$100/\$75\*  
Session #2:  
January \$80/\$60\*  
Session #3:  
February \$80/\$60\*  
Session #4  
March \$100/\$75

**AGES 5-6**

**\*World Membership Price**

### FROZEN ROPES IN THE NEWS



The New York Times

Newsweek

Player's Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Emergency Phone Number \_\_\_\_\_

Date of Birth \_\_\_\_\_  
Parent(s) Name \_\_\_\_\_  
Phone Number \_\_\_\_\_  
Email Address \_\_\_\_\_  
Total Payment \$ \_\_\_\_\_

REGISTER MY PLAYER FOR:  
SESSION(S) \_\_\_\_\_ ON \_\_\_\_\_ days

Visa( ) Mastercard( ) Credit Card #:

Exp. Date:

Make checks payable to and mail to: Frozen Ropes 3 Interstate Ave Albany, NY 12205  
Tel: 518.435.2424 Email: albany@frozenropes.com



frozenropes.com/albany

ALL PROGRAMS HAVE LIMITED ENROLLMENT