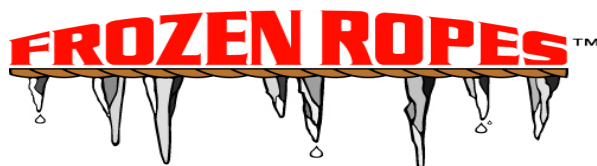


SPRING BASEBALL SOE



3 – 12 Year Olds (April 1, 2019 – June 23, 2019)

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

Born To Play (Ages 3-4) *Born to Play introduces your player to baseball in a teaching environment.*

Wednesday 1:00PM

Saturdays 10:00 AM

Class length is 50 minutes

4 weeks for \$60

Rookie Class (Ages 5-6) *A skills class focusing on the Big Four: Hitting, Throwing, Fielding & Catching.*

Mondays 5:00 PM – 6:00 PM

4 weeks for \$80

Saturdays 11:00 AM – 12:00 PM

Minor League Class (Ages 7-9) *Instructional class with game situations designed to improve hitting, throwing, and fielding skills.*

Thursdays 6:00 PM – 7:00 PM

Saturdays 12:00 PM – 1:00 PM

4 weeks for \$80

Major League Class (Ages 10-12) *An advanced class for the older player. Designed to work on speed of play and increase players skill level.*

Tuesdays 5:00 PM – 6:00 PM

4 weeks for \$80

Saturdays 1:00 PM – 2:00 PM

Pitching Boot Camp (Ages 8-12) *All aspects of throwing and building a pitching delivery you can repeat along with a strength station to conclude class.*

Tuesdays 6:00 PM – 7:00 PM

4 weeks for \$80

Hitting Boot Camp (Ages 8-12) *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!*

Thursdays 6:00 PM – 7:00 PM

4 weeks for \$80

Speed and Agility Class – *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.*

Private classes available for groups of 4 or more. Please call for details.

Private Lessons (Ages 5+) *Individual lessons available by appointment.*

Private

30 min = \$45

60 min = \$80

5 pack (30 min) = \$210

30 pack (30 min) = \$1100

10 pack (30 min) = \$410

40 pack (30 min) = \$1400

15 pack (30 min) = \$600

50 pack (30 min) = \$1650

20 pack (30 min) = \$780

100 pack (30 min) = \$3000

Semi-Private Lessons (Ages 7-12) *Our SPLs are a full hour, allowing for more repetitions and training with our staff. Designed to stimulate learning by watching and competing, which individual lessons don't afford. Pitching SPLs and hitting SPLs are available.*

Call for available days and times

4 weeks for \$225

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

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*

- Family Membership: \$325 annual fee. Includes (24) 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 pro-shop purchases. Rentals and lessons are valid for 1 year from date of purchase.

School Break Camps (Ages 6-12) *Camps provide instruction, innovative drills and up-tempo scrimmages*
Spring Break Camp – April 22nd – 26th, 2019

Half Day: 8:30 AM – 12:00 PM = \$125

Early drop off (7:30 AM) = Add \$10 per day

Full Day: 8:30 AM – 3:30 PM = \$200

Late pick up (4:30 PM) = Add \$10 per day

Summer Camps: *Camps will start the last week of June and will run throughout the entire summer! Please check out website for details.*

Schedule will be posted by April 1st, 2019

Frozen Ropes Albany
3 Interstate Ave. Albany, NY 12205

518-435-2424

www.frozenropes.com/albany