

THE CAPITAL REGIONS PREMIER INDOOR BASEBALL AND SOFTBALL
TRAINING FACILITY.



FROZENROPES.COM/ALBANY
(518)435-2424

ROOKIE CLASS (AGES 5-6)

MONDAYS 5:00 PM – 6:00PM

SATURDAYS 11:00 AM – 12:00 PM



**4 WEEKS FOR
\$80**

**AN INSTRUCTIONAL
CLASS DESIGNED FOR
PLAYERS BEGINNING
THEIR BASEBALL
CAREERS.**

**OUR ROOKIE CLASS
FOCUSES ON THE “BIG
FOUR”.**

- **THROWING**
- **FIELDING**
- **HITTING**
- **CATCHING**

Player's Name _____

Address _____

City _____ State _____ Zip _____

Emergency Phone Number _____

REGISTER MY PLAYER FOR:
SESSION(S) _____ ON _____ days

Visa() Mastercard() Credit Card #:

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

Date of Birth _____

Parent(s) Name _____

Phone Number _____

Email Address _____

Total Payment \$ _____

Exp. Date:



frozenropes.com/albany

ALL PROGRAMS HAVE LIMITED ENROLLMENT