THE CAPITAL REGIONS PREMIER INDOOR BASEBALL AND SOFTBALL TRAINING FACILITY.



BEGINNER CLASS AGES 6 - 12
TUESDAYS 7:00 — 8:00 PM

Intermediate Class Ages 10 – 15
Wednesdays 7:00 – 8:00 PM

OPEN CLASS AGES 8-18
MONDAYS 7:00 — 8:00 PM
THURSDAYS 7:00 — 8:00 PM
SUNDAYS 11:00 AM — 12:00 PM

Each class is designed to work on everything from the basics to the advanced skills that each pitcher needs in order to improve:

- VELOCITY
- ACCURACY
- Consistency
- SECONDARY PITCHES

ALL CLASSES RUN ON A MONTHLY BASIS

4 WEEKS FOR \$80

5 Weeks for \$100

Player's Name		Date of Birth	
		Parent(s) Name	
City	StateZip	Phone Number	
Emergency Phone Number		Email Address	
REGISTER MY PLAYER FOR: SESSION(S)ONdays		Total Payment \$	FROZEN ROPES-
Visa() Mastercard() Credit Card #:		Exp. Date:	idh dhib

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

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ALL PROGRAMS HAVE LIMITED ENROLLMENT