



**2020/21 WINTER
BASEBALL SOE**
December 1st, 2020 – April 1st 2021

Born to Play (Ages 3-4) This is a Co-Ed class that introduces your player to baseball in a fun teaching environment.

Saturday's 10:00am-10:50am

4 weeks for \$80

Age based skills classes focusing on the Big Four: hitting, throwing, fielding and catching.

Rookie Class (Ages 5-6) Saturday's 11am-12pm

Minors Class (Ages 7-9) Saturday's 12pm-1pm

Majors Class (Ages 10-12) Saturday's 1pm-2pm

4 weeks for \$100

Zach's Pitching Camp Building clean and consistent mechanics with a proper warm up and recovery routine. Using data to create a competitive environment and improve skills.

Tuesday's 6:00pm-7:00pm (Ages 8-12)

4 weeks for \$100

Thursday's 7:00pm-8:00pm (Ages 13-18)

Catchers Clinic (Ages 8-16) A class just for catchers. Improve your receiving, blocking, and throw downs.

Wednesday's 5:00pm-6:00pm

4 weeks for \$100

High School Prep Class (Ages 13-18) This class is designed for the Modified/Freshman and the JV/Varsity player to both mentally and physically prepare them for their upcoming spring tryouts and season.

Hitters- Start from the ground up and work on your hitting mechanic. Improve timing, pitch recognition and see live pitching.

Pitchers- Work on building up arm strength through the use of plyo balls and specific exercises that will help promote long term arm health. Data collected using Rapsodo to adjust or create new pitches.

Sunday's 12:00pm-3:00pm

12 weeks for \$500

World Membership: A Family Membership that saves you money and gives you free training time. You will receive discounts on all lessons, rentals, classes, clinics and camps. Valid for 1 year from the purchase date.

- Family membership: **\$300 annual fee**. Includes 12 (1/2 hour) cage rentals and 2 free 30 minute lessons.
- Save 20% on all lessons, rentals, camp and clinics along with 10% on all pro-shop purchases.

Facility and Cage Rentals: Rent one of our cages and work on hitting, pitching, or fielding! Cages are available by reservation only.

\$50 Per Hour

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

30 min= \$45

60 min= \$85

5 pack (30 min)= \$210

15 pack (30 min)= \$600

10 pack (30 min)= \$410

20 pack (30 min)= \$780

Frozen Ropes Albany

3 Interstate Ave. Albany, NY 12205 (518) 435-2424

www.frozenropes.com/albany



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