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| **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 **4 weeks for $100****Majors Class** (Ages 10-12) Saturday’s 1pm-2pm |
| **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 6:00pm-7:00pm (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** |
| **Hitting Boot Camp** A baseball only hitting class that teaches situations, bat speed, strength, visual mechanics, contact angles and lots of reps. Quick moving stations to give you different looks and drills to improve!Thursday’s 6:00pm-7:00pm (Ages 8-12) **4 weeks for $100**Thursday’s 7:00pm-8:00pm (Ages 13+) |
| **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.
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| **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](http://www.frozenropes.com/albany)

  **2021 SPRING BASEBALL SOE**

 **APRIL 1st - MAY 31st**