



**2023 SPRING BASEBALL SOE**  
**March 1st - May 31st, 2023**

**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**

Co-Ed 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**

**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.

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

(Ages 13+) *Not offered for Spring*

**4 weeks for \$100**

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

Friday's 7:00pm-8:00pm

**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!

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

(Ages 13+) *Not Offered for Spring*

**4 weeks for \$100**

**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= \$50**

**60 min= \$95**

5 pack (30 min)= \$235

15 pack (30 min)= \$675

10 pack (30 min)= \$460

20 pack (30 min)= \$880

**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: **\$250 annual fee**. Includes 6 (1/2 hour) cage rentals and 2 free 30 minute lessons.
- Save 10% on all lessons, rentals, camp and clinics along with 10% on all pro-shop purchases.

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

[www.frozenropes.com/albany](http://www.frozenropes.com/albany)