



SPRING 2019 Baseball/Softball Schedule of Events

*Denotes Member Pricing

SPRINGS SESSIONS START April 1

It's OK to jump into Classes already in Session at pro-rated fees

AGES 3-4

Get ready for ALL Organized Sports!

Ages 3-4. Learning all sports fundamentals. Player max: 12 per class

4 weeks	Saturdays	April 6 – April 27	9:00am – 9:55am	\$68*/\$80
5 weeks	Saturdays	May 4 – June 1	9:00am – 9:55am	\$85*/\$100

AGES 5-12

Throwing, Fielding, Hitting

FROZEN ROPES ACADEMIES (BASEBALL/SOFTBALL Ages 5-6, 7-9, and 10-12)

Our academy CLASSES will develop the next generation of baseball and softball players. Throwing, Fielding and Hitting are the main themes. Player max: 12 per class

Junior (Ages 5-6)

5 weeks	Tuesdays	April 2 – April 30	5:00pm – 5:55pm	\$119*/\$140
4 weeks	Tuesdays	May 7 – May 28	5:00pm – 5:55pm	\$95.20*/\$112
4 weeks	Sundays	April 7 – May 5 (no class April 21)	10:00am – 10:55am	\$95.20*/\$112
4 weeks	Sundays	May 12 – June 2	10:00am – 10:55am	\$95.20*/\$112

Senior (Ages 7-9)

5 weeks	Tuesdays	April 2 – April 30	6:00pm – 6:55pm	\$119*/\$140
4 weeks	Tuesdays	May 7 – May 28	6:00pm – 6:55pm	\$95.20*/\$112
4 weeks	Thursdays	April 4 – April 25	6:00pm – 6:55pm	\$95.20*/\$112
5 weeks	Thursdays	May 2 – May 30	6:00pm – 6:55pm	\$119*/\$140
4 weeks	Sundays	April 7 – May 5 (no class April 21)	11:00am – 11:55pm	\$95.20*/\$112
4 weeks	Sundays	May 12 – June 2	11:00am – 11:55pm	\$95.20*/\$112

All-Skills (Ages 10-12)

5 weeks	Tuesdays	April 2 – April 30	7:00pm – 7:55pm	\$119*/\$140
4 weeks	Tuesdays	May 7 – May 28	7:00pm – 7:55pm	\$95.20*/\$112
4 weeks	Thursdays	April 4 – April 25	7:00pm – 7:55pm	\$95.20*/\$112
5 weeks	Thursdays	May 2 – May 30	7:00pm – 7:55pm	\$119*/\$140
4 weeks	Sundays	April 7 – May 5 (no class April 21)	12:00pm – 12:55pm	\$95.20*/\$112
4 weeks	Sundays	May 12 – June 2	12:00pm – 12:55pm	\$95.20*/\$112

Hitting

TOTAL PERFORMANCE HITTING (Ages 7-9)

This session will cover all aspects of hitting with emphasis on timing and pitch selection. Player max: 12 per class

4 weeks	Mondays	April 1 – April 22	5:00pm – 5:55pm	\$95.20*/\$112
4 weeks	Mondays	April 29 – May 20	5:00pm – 5:55pm	\$95.20*/\$112
4 weeks	Wednesdays	April 3 – April 24	5:00pm – 5:55pm	\$95.20*/\$112
5 weeks	Wednesdays	May 1 – May 29	5:00pm – 5:55pm	\$119*/\$140
4 weeks	Sundays	April 7 – May 5 (no class April 21)	2:00pm – 2:55pm	\$95.20*/\$112
4 weeks	Sundays	May 12 – June 2	2:00pm – 2:55pm	\$95.20*/\$112

AGES 7-12

Hitting

TOTAL PERFORMANCE HITTING (Ages 10-12)

This session will cover all aspects of hitting with emphasis on timing and pitch selection. Player max: 12 per class

4 weeks	Mondays	April 1 –April 22	6:00pm – 6:55pm	\$95.20*/\$112
4 weeks	Mondays	April 29 – May 20	6:00pm – 6:55pm	\$95.20*/\$112
4 weeks	Wednesdays	April 3 –April 24	6:00pm – 6:55pm	\$95.20*/\$112
5 weeks	Wednesdays	May 1– May 29	6:00pm – 6:55pm	\$119*/\$140
4 weeks	Fridays	April 5 –April 26	6:00pm – 6:55pm	\$95.20*/\$112
5 weeks	Fridays	May 3 – May 31	6:00pm – 6:55pm	\$119*/\$140
4 weeks	Sundays	April 7 – May 5 (no class April 21)	3:00pm – 3:55pm	\$95.20*/\$112
4 weeks	Sundays	May 12 – June 2	3:00pm – 3:55pm	\$95.20*/\$112

Pitching

BOOM! BASEBALL PITCHING BOOT CAMP (Ages 9-12)

All aspects of throwing and building a pitching delivery. Player max: 6 per class

4 weeks	Thursdays	April 4– April 25	6:00pm – 6:55pm	\$95.20*/\$112
5 weeks	Thursdays	May 2 – May 30	6:00pm – 6:55pm	\$119*/\$140
4 weeks	Saturdays	April 6 –April 27	1:00pm – 1:55pm	\$95.20*/\$112
5 weeks	Saturdays	May 4 – June 1	1:00pm – 1:55pm	\$119*/\$140
4 weeks	Sundays	April 7 – May 5(no class April 21)	9:00am – 9:55am	\$95.20*/\$112
4 weeks	Sundays	May 12 – June 2	9:00am – 9:55am	\$95.20*/\$112

MIKE BERTOTTI BOOM! BASEBALL PITCHING SPL'S (Ages 10-12)

Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player max: 3

4 weeks	Wednesdays	April 3 –April 24	6:00pm – 6:55pm	\$229.50*/\$270
5 weeks	Wednesdays	May 1– May 29	6:00pm – 6:55pm	\$286.87*/\$337.50
4 weeks	Fridays	April 5 –April 26	5:00pm – 5:55pm	\$229.50*/\$270
5 weeks	Fridays	May 3 – May 31	5:00pm – 5:55pm	\$286.87*/\$337.50

INTRO TO SOFTBALL PITCHING CLASS (Ages 7-9)

Learn the right way the first time. Class emphasis on arm action and deliver consistency to maximize control and age appropriate speed levels. Player max: 6 per class

4 weeks	Mondays	April 1 –April 22	5:00pm – 5:55pm	\$95.20*/\$112
4 weeks	Mondays	April 29 – May 20	5:00pm – 5:55pm	\$95.20*/\$112

SOFTBALL PITCHING CLASS (Ages 10-12)

Learn the right way the first time. Class emphasis on arm action and deliver consistency to maximize control and age appropriate speed levels. Player max: 6 per class

4 weeks	Mondays	April 1 –April 22	6:00pm – 6:55pm	\$95.20*/\$112
4 weeks	Mondays	April 29 – May 20	6:00pm – 6:55pm	\$95.20*/\$112

Catching

INTRO TO CATCHING (Ages 9-12)

This session will cover all aspects of CATCHING. Player max: 6 per class

4 weeks	Thursdays	April 4– April 25	5:00pm – 5:55pm	\$95.20*/\$112
5 weeks	Thursdays	May 2 – May 30	5:00pm – 5:55pm	\$119*/\$140
4 weeks	Sundays	April 7 – May 5 (no class April 21)	1:00pm – 1:55pm	\$95.20*/\$112
4 weeks	Sundays	May 12 – June 2	1:00pm – 1:55pm	\$95.20*/\$112

Spring Break

**April
15-19
M-F**

FULL or HALF DAY CAMPS for AGES 7-13 BASEBALL CAMP or CO-ED ALL SPORT CAMP

HALF DAY 9AM-12PM \$25/\$21.25* Per Day. FULL DAY 9AM-3PM \$45/\$38.25* Per Day

30 for \$30 SPECIALS

30 Min. Private Lessons, 30 Min. Tunnel Rentals. Must Call to Book & Pay in advance. No Refunds

AGES 12+

Hitting

HITTING SPL'S (Ages 13+)

Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player Max:3

4 weeks	Sundays	April 7 – May 5	5:00pm – 5:55pm	\$229.50*/\$270
4 weeks	Sundays	May 12 – June 2	5:00pm – 5:55pm	\$229.50*/\$270

Care about your **TOTAL SPORTS PERFORMANCE?** **Then Check out** **ROCK ATHLETIC PERFORMANCE...**

Get Stronger, Faster, Better! 12 years +

Strength



B⁴ STRENGTH & FITNESS CLASS
You'll thank us AFTER!

Bands, Balls, Bells & Body

Designed by strength & fitness experts in the industry in an easy to follow but challenging workout environment. Using conventional strength equipment, B⁴ gets "customized" by varying rest time, reps and loads.

After never looked so good

--- One Hour Classes---

MON - FRI 7:00 pm

SAT 10:00 am, SUN 11:00am

Additional Open Gym 15yrs+

MON-THU 5-7pm

SAT 9am, 1pm & SUN 9-10am

Monthly Membership: \$60/month (30 days from your enrollment date)

3-Month Membership: \$150 Unlimited Classes

Mental Strength



FOPO Mental Skills Workshops

What does it take to be an Olympian? Learn the secret sauce for on & off the field.

Held the first Wednesday of every month. One Hour Class 7:00-8:00pm
\$20/Class

E = EVERYONE

Private & Group Lessons

PRIVATE LESSONS (All Ages)

30 Minute Lesson \$42.50*/\$50. 1 Hour Lesson \$76.50*/\$90. Pre-paid lessons are valid for one year from purchase date.

PRIVATE LESSONS 10 PACK SPECIAL! (All Ages)

10 (30 minute) lesson package \$374*/\$440 Pre-paid lessons are valid for one year from purchase date.

For the COMPLETE PLAYER

Choose your topic/s: Hitting, Pitching, Catching, Fielding, Speed & Agility, Strength, & or Mental Skills

CREATE A GROUP LESSON (All Ages)

Don't see a class time that fits your schedule? You can create a GROUP lesson with your teammates for 1 hour working on your choice of skills. Minimum of 3 players and a maximum of 6 players. **\$120 per session.** Schedule your day and time, available every day.




MEMBERSHIP

Being a Member has it's perks!


- 15% OFF Classes, Lessons, Rentals...to name a few
- Earn 5% Credit back with our Rewards Points
- SIX FREE ½ hour Tunnel Time
- FREE Quarterly Weapons of Mental Dominance Workshops

Facility Rentals



RENTALS

TUNNELS or FULL FACILITY



NEVER CANCEL a Practice or Event! Safely book one or ALL of our 6 Tunnels
www.frozenropes.com/chester

Tunnel Rental \$45 /30 minutes or \$65/ 1 hour

Special Team Tunnel Rental \$50/ 1 hour

After Hours Special: Full Indoors \$195/ 1.5 hours

After Hours = Monday-Saturday 8:15pm-9:45pm & Sundays 7:00pm-8:30pm

FROZEN ROPES NATIONAL TRAINING CENTER

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