



SUMMER 2019

PLAN YOUR SUMMER OF BASEBALL & SOFTBALL INSTRUCTION!

* Denotes FROZEN ROPES MEMBERSHIP Pricing. Ask us how YOU can save \$ too!

Ages 3-4

BORN TO PLAY

LEARNING ALL SPORTS FUNDAMENTALS. PLAYER MAX 12

Ages 3 & 4

4 Weeks	Sundays	June 9 – June 30	9:00am – 9:55am	\$68*/\$80
4 Weeks	Sundays	July 7 – July 28	9:00am – 9:55am	\$68*/\$80
4 Weeks	Sundays	Aug 4 – Aug 25	9:00am – 9:55am	\$68*/\$80

Ages 5-12

ALL SKILLS ACADEMY CLASS (BASEBALL / SOFTBALL)

THROWING, FIELDING, HITTING. PLAYER MAX 12

Ages 5, 6, & 7

4 Weeks	Wednesdays	June 5 – June 26	6:00pm – 6:55pm	\$95.20*/\$112
4 Weeks	Wednesdays	July 3 – July 24	6:00pm – 6:55pm	\$95.20*/\$112
4 Weeks	Wednesdays	Aug. 7 – Aug. 28	6:00pm – 6:55pm	\$95.20*/\$112
4 Weeks	Sundays	June 9 – June 30	10:00am – 10:55am	\$95.20*/\$112
4 Weeks	Sundays	July 7 – July 28	10:00am – 10:55am	\$95.20*/\$112
4 Weeks	Sundays	Aug. 4 – Aug 25	10:00am – 10:55am	\$95.20*/\$112

Ages 8, 9 & 10

4 Weeks	Wednesdays	June 5 – June 26	7:00pm – 7:55pm	\$95.20*/\$112
4 Weeks	Wednesdays	July 3 – July 24	7:00pm – 7:55pm	\$95.20*/\$112
4 Weeks	Wednesdays	Aug. 7 – Aug. 28	7:00pm – 7:55pm	\$95.20*/\$112
4 Weeks	Sundays	June 9 – June 30	11:00am – 11:55am	\$95.20*/\$112
4 Weeks	Sundays	July 7 – July 28	11:00am – 11:55am	\$95.20*/\$112
4 Weeks	Sundays	Aug. 4 – Aug 25	11:00am – 11:55am	\$95.20*/\$112

BASEBALL PITCHING SEMI PRIVATE LESSONS

ADDED TRAINING TIME & MORE REPS. PLAYER MAX 3

Ages 10, 11 & 12

Per Day	Tuesdays	June 4 – Aug 27	6:00pm – 6:55pm	\$57.37*/\$67.50
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TOTAL PERFORMANCE HITTING. PLAYER MAX 12

HITTING. PLAYER MAX 12

Ages 10, 11 & 12

4 Weeks	Thursdays	June 6 – June 27	6:00pm – 6:55pm	\$95.20*/\$112
4 Weeks	Thursdays	July 11 – Aug. 1	6:00pm – 6:55pm	\$95.20*/\$112
4 Weeks	Thursdays	Aug. 8 – Aug. 29	6:00pm – 6:55pm	\$95.20*/\$112

Ages 5-10

BASEBALL LITTLE LEAGUERS SUMMER LEAGUE

6 WEEKS OF INSTRUCTIONAL PLAY.

Ages 5, 6 & 7

6 Weeks Mondays June 24 – July 29 5:30pm – 6:45pm \$150 per player

Ages 8, 9 & 10

6 Weeks Mondays June 24 – July 29 7:00pm – 8:15pm \$150 per player

Ages 13-18

CLINICS

"BIG 3" SKILLS CAMP: HITTING, FIELDING, THROWING

\$60/ DAY. PLAYER MAX 12

Ages 13 - 18

Dates Available:

Monday's and Tuesday's 3:30-5:30

on the following days

June, 3, 4, 10, & 11

July, 15, 16, 22 & 23

August, 12, 13, 19 & 20

BASEBALL PITCHING/CATCHING BOOTCAMP

\$50/ DAY. PLAYER MAX 12

Ages 13 - 18

Dates Available:

Wednesday's & Thursday's 4:00-5:30pm

on the following days

June, 5, 6, 12 & 13

July, 17, 18, 24 & 25

August, 14, 15, 21 & 22

All Ages

PRIVATE LESSONS

Private Lessons

10:00am - 8:00pm daily

\$50 30 Minute Lesson * \$42.50 member

\$90 60 Minute Lesson * \$76.50 member

Private Lesson Summer Special

10 Lesson Summer Pack

\$300 for 10, 30 minute lessons

Must be used by Aug 31

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.

SUMMER SPECIAL

B4 FITNESS

STRENGTH, SPEED, AGILITY

Membership: \$60/mo

Unlimited Classes: M-W-F 4-5pm, T-TH 7:00-8:00pm

Unlimited Open Gym: Indoor Gym & Outdoor Fitness Trail with workout circuit stations.

Frozen Ropes National Training Center

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