

# WINTER 2022 Baseball/Softball Schedule of Events January - March

## Academy Classes

\* indicates Member Pricing

### **FROZEN ROPES ACADEMIES (BASEBALL/SOFTBALL Ages 3-4, 5-6, 7-9, and 10-12)**

*Our academy CLASSES develop the next generation of baseball and softball players.*

*Throwing, Fielding and Hitting are the main topics. Player max: 12 per class (55 minutes)*

#### **Rookie (Ages 3-4)**

4 Weeks	<b>Wednesdays</b>	January 5 – January 26	5:00pm – 5:55pm	\$79.20*/\$88
4 weeks	<b>Wednesdays</b>	February 2 – February 23	5:00pm – 5:55pm	\$79.20*/\$88
5 weeks	<b>Wednesdays</b>	March 2 – March 30	5:00pm – 5:55pm	\$99*/\$110
4 weeks	<b>Saturdays</b>	January 8 – January 29	10:00am – 10:55am	\$79.20*/\$88
4 weeks	<b>Saturdays</b>	February 5 – February 26	10:00am – 10:55am	\$79.20*/\$88
4 weeks	<b>Saturdays</b>	March 5 – March 26	10:00am – 10:55am	\$79.20*/\$88

#### **Junior (Ages 5-6)**

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155
4 weeks	<b>Saturdays</b>	January 8 – January 29	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	January 9 – January 30	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	10:00am – 10:55am	\$111.60*/\$124

#### **Senior (Ages 7-9)**

4 weeks	<b>Tuesdays</b>	January 4 – January 25	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Thursdays</b>	January 6 – January 27	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Thursdays</b>	February 3 – February 24	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Thursdays</b>	March 3 – March 31	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Saturdays</b>	January 8 – January 29	12:00pm --12:55pm	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	12:00pm --12:55pm	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	12:00pm --12:55pm	\$111.60*/\$124
4 weeks	<b>Sundays</b>	January 9 – January 30	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	11:00am --11:55am	\$111.60*/\$124

#### **All-Skills (Ages 10-12)**

4 weeks	<b>Sundays</b>	January 9 – January 30	12:00pm – 12:55pm	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	12:00pm – 12:55pm	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	12:00pm – 12:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	7:00pm – 7:55pm	\$139.50*/\$155
5 weeks	<b>Thursdays</b>	March 3 – March 31	7:00pm – 7:55pm	\$139.50*/\$155

## Hitting

### TOTAL PERFORMANCE HITTING (Ages 7-9)

*This 60 minute session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	5:00pm – 5:55pm	\$139.50*/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Mondays</b>	March 7 – March 28	5:00pm – 5:55pm	\$111.60*/\$124

4 weeks	<b>Saturdays</b>	January 8 – January 29	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	10:00am – 10:55am	\$111.60*/\$124

### TOTAL PERFORMANCE HITTING (Ages 10-12)

*This 60 minute session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	6:00pm – 6:55pm	\$139.50**/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Mondays</b>	March 7 – March 28	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	January 8 – January 29	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	11:00am – 11:55am	\$111.60*/\$124

### TOTAL PERFORMANCE HITTING CLASS (Ages 13+)

*This 55 minute session will cover all aspects of hitting with emphasis on timing and pitch selection. Player max: 6 per class*

4 weeks	<b>Wednesdays</b>	January 5 – January 26	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Wednesdays</b>	February 2 – February 23	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Wednesdays</b>	March 2 – March 30	6:00pm – 6:55pm	\$139.50**/\$155

## Fielding

### GOLD GLOVE DEFENSE (Ages 9-12)

*Learn all the tricks of the trade to be a great defender at all positions.*

*Glove work, footwork and throwing will be the key components of this class. Player max: 12 per class (55 minutes)*

4 weeks	<b>Thursdays</b>	January 6 – January 27	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Thursdays</b>	February 3 – February 24	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Thursdays</b>	March 3 – March 31	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Sundays</b>	January 9 – January 30	11:00am --11:55am	\$111.60*/\$124
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4 weeks	<b>Sundays</b>	March 6 – March 27	11:00am --11:55am	\$111.60*/\$124

## Baseball Pitching

### BASEBALL PITCHING BOOT CAMP (Ages 8-10)

*All aspects of throwing and building a pitching delivery. Player max: 12 per class (55 minutes)*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155
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4 weeks	<b>Saturdays</b>	February 5 – February 26	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	11:00am – 11:55am	\$111.60*/\$124

### MIKE BERTOTTI 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: 4*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	4:00pm – 5:00pm	\$267.30*/\$297
4 weeks	<b>Tuesdays</b>	February 1 – February 22	4:00pm – 5:00pm	\$267.30*/\$297
5 weeks	<b>Tuesdays</b>	March 1 – March 29	4:00pm – 5:00pm	\$334.12*/\$371.25
4 weeks	<b>Fridays</b>	January 7 – January 28	4:00pm – 5:00pm	\$267.30*/\$297
4 weeks	<b>Fridays</b>	February 4 – February 25	4:00pm – 5:00pm	\$267.30*/\$297
4 weeks	<b>Fridays</b>	March 4 – March 25	4:00pm – 5:00pm	\$267.30*/\$297

### **MIKE BERTOTTI BASEBALL PITCHING SPL'S** (Ages 13+)

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player Max:4*

5 weeks	<b>Mondays</b>	January 3 – January 31	7:00pm – 8:00pm	\$334.12*/\$371.25
4 weeks	<b>Mondays</b>	February 7 – February 28	7:00pm – 8:00pm	\$267.30*/\$297
4 weeks	<b>Mondays</b>	March 7 – March 28	7:00pm – 8:00pm	\$267.30*/\$297
4 weeks	<b>Tuesdays</b>	January 4 – January 25	6:00pm – 7:00pm	\$267.30*/\$297
4 weeks	<b>Tuesdays</b>	February 1 – February 22	6:00pm – 7:00pm	\$267.30*/\$297
5 weeks	<b>Tuesdays</b>	March 1 – March 29	6:00pm – 7:00pm	\$334.12*/\$371.25

## ***Softball***

### **SOFTBALL HITTING** (Ages 13+)

*This session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155

### **SOFTBALL PITCHING CLASS** (Ages 8-12)

*Learn the right way the first time. Class emphasis on arm action and delivery consistency to maximize control and age appropriate speed levels. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Mondays</b>	March 7 – March 28	6:00pm – 6:55pm	\$111.60*/\$124

### **LISA BANSE SOFTBALL PITCHING SPL'S** (Ages 10-12)

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player max: 4*

4 weeks	<b>Thursdays</b>	January 6- January 27	5:00pm – 6:00pm	\$267.30*/\$297
4 weeks	<b>Thursdays</b>	February 3 – February 24	5:00pm – 6:00pm	\$267.30*/\$297
5 weeks	<b>Thursdays</b>	March 3 – March 31	5:00pm – 6:00pm	\$334.12*/\$371.25

### **LISA BANSE SOFTBALL PITCHING SPL'S** (Ages 13+)

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4 weeks	<b>Thursdays</b>	February 3 – February 24	6:00pm – 7:00pm	\$267.30*/\$297
5 weeks	<b>Thursdays</b>	March 3 – March 31	6:00pm – 7:00pm	\$334.12*/\$371.25

## ***Catching***

### **INTRO TO CATCHING** (Ages 9-12)

*This 55 minute session will cover all aspects of the **Catcher Position**. Player max: 8 per class*

4 weeks	<b>Wednesdays</b>	January 5 – January 26	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Wednesdays</b>	February 2 – February 23	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Wednesdays</b>	March 2 – March 30	6:00pm – 6:55pm	\$139.50*/\$155
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## ***Private Lessons***

### **PRIVATE LESSONS** (All Ages)

30 Minute Lesson \$49.50 \*/ \$55

60 Minute Lesson \$90 \*/ \$100

### **LESSON PACKAGE** (All Ages)

20 lessons (30 minutes) \$747\*/\$830

Pre-paid lessons are valid for one year from purchase date

### **For the COMPLETE PLAYER**

Choose your topics: *Hitting, Pitching, Catching, Fielding*

### **CREATE A 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 8 players. **\$120 per session**. Schedule your day and time; available every day.

## ***Rentals***

**30 minutes \$40.50\*/\$45**

**60 minutes \$58.50\*/\$65**

**Special TEAM Tunnel Rental \$50 / 1 hour**

**AFTER HOURS Special: FULL INDOOR SPACE \$195 for 1 hour**

Available: Monday-Saturday 8:30pm-9:30pm; Sunday 7:30pm-8:30pm

**\*Baseballs/Softballs are NOT provided\***



# **MEMBERSHIP**

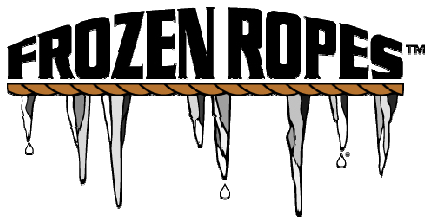
## **Being a member has its perks!**

10% off classes, lessons, rentals, camps, non-sale proshop items

Free STAR tablet

Six free 30 min. tunnel rentals

Frozen Ropes National Training Center  
24 Old Black Meadow Road ♦ Chester, NY 10918  
[www.frozenropes.com/chester](http://www.frozenropes.com/chester) / email: [chester@frozenropes.com](mailto:chester@frozenropes.com)  
**(845) 469-9507**



# WINTER 2022 Baseball/Softball Schedule of Events January - March

## Academy Classes

\* indicates Member Pricing

### **FROZEN ROPES ACADEMIES (BASEBALL/SOFTBALL Ages 3-4, 5-6, 7-9, and 10-12)**

*Our academy CLASSES develop the next generation of baseball and softball players.*

*Throwing, Fielding and Hitting are the main topics. Player max: 12 per class (55 minutes)*

#### **Rookie (Ages 3-4)**

4 Weeks	<b>Wednesdays</b>	January 5 – January 26	5:00pm – 5:55pm	\$79.20*/\$88
4 weeks	<b>Wednesdays</b>	February 2 – February 23	5:00pm – 5:55pm	\$79.20*/\$88
5 weeks	<b>Wednesdays</b>	March 2 – March 30	5:00pm – 5:55pm	\$99*/\$110
4 weeks	<b>Saturdays</b>	January 8 – January 29	10:00am – 10:55am	\$79.20*/\$88
4 weeks	<b>Saturdays</b>	February 5 – February 26	10:00am – 10:55am	\$79.20*/\$88
4 weeks	<b>Saturdays</b>	March 5 – March 26	10:00am – 10:55am	\$79.20*/\$88

#### **Junior (Ages 5-6)**

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155
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4 weeks	<b>Sundays</b>	March 6 – March 27	10:00am – 10:55am	\$111.60*/\$124

#### **Senior (Ages 7-9)**

4 weeks	<b>Tuesdays</b>	January 4 – January 25	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	6:00pm – 6:55pm	\$139.50*/\$155
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4 weeks	<b>Sundays</b>	March 6 – March 27	11:00am --11:55am	\$111.60*/\$124

#### **All-Skills (Ages 10-12)**

4 weeks	<b>Sundays</b>	January 9 – January 30	12:00pm – 12:55pm	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	12:00pm – 12:55pm	\$111.60*/\$124
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5 weeks	<b>Thursdays</b>	March 3 – March 31	7:00pm – 7:55pm	\$139.50*/\$155



## Hitting

### TOTAL PERFORMANCE HITTING (Ages 7-9)

*This 60 minute session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	5:00pm – 5:55pm	\$139.50*/\$155
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### TOTAL PERFORMANCE HITTING (Ages 10-12)

*This 60 minute session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	6:00pm – 6:55pm	\$139.50**/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	6:00pm – 6:55pm	\$111.60*/\$124
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### TOTAL PERFORMANCE HITTING CLASS (Ages 13+)

*This 55 minute session will cover all aspects of hitting with emphasis on timing and pitch selection. Player max: 6 per class*

4 weeks	<b>Wednesdays</b>	January 5 – January 26	6:00pm – 6:55pm	\$111.60*/\$124
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5 weeks	<b>Wednesdays</b>	March 2 – March 30	6:00pm – 6:55pm	\$139.50**/\$155

## Fielding

### GOLD GLOVE DEFENSE (Ages 9-12)

*Learn all the tricks of the trade to be a great defender at all positions.*

*Glove work, footwork and throwing will be the key components of this class. Player max: 12 per class (55 minutes)*

4 weeks	<b>Thursdays</b>	January 6 – January 27	6:00pm – 6:55pm	\$111.60*/\$124
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## Baseball Pitching

### BASEBALL PITCHING BOOT CAMP (Ages 8-10)

*All aspects of throwing and building a pitching delivery. Player max: 12 per class (55 minutes)*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
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### MIKE BERTOTTI 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: 4*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	4:00pm – 5:00pm	\$267.30*/\$297
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5 weeks	<b>Tuesdays</b>	March 1 – March 29	4:00pm – 5:00pm	\$334.12*/\$371.25
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### **MIKE BERTOTTI BASEBALL PITCHING SPL'S (Ages 13+)**

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player Max:4*

5 weeks	<b>Mondays</b>	January 3 – January 31	7:00pm – 8:00pm	\$334.12*/\$371.25
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4 weeks	<b>Tuesdays</b>	February 1 – February 22	6:00pm – 7:00pm	\$267.30*/\$297
5 weeks	<b>Tuesdays</b>	March 1 – March 29	6:00pm – 7:00pm	\$334.12*/\$371.25

## **Softball**

### **SOFTBALL HITTING (Ages 13+)**

*This session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155

### **SOFTBALL PITCHING CLASS (Ages 8-12)**

*Learn the right way the first time. Class emphasis on arm action and delivery consistency to maximize control and age appropriate speed levels. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Mondays</b>	March 7 – March 28	6:00pm – 6:55pm	\$111.60*/\$124

### **LISA BANSE SOFTBALL PITCHING SPL'S (Ages 10-12)**

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player max: 4*

4 weeks	<b>Thursdays</b>	January 6- January 27	5:00pm – 6:00pm	\$267.30*/\$297
4 weeks	<b>Thursdays</b>	February 3 – February 24	5:00pm – 6:00pm	\$267.30*/\$297
5 weeks	<b>Thursdays</b>	March 3 – March 31	5:00pm – 6:00pm	\$334.12*/\$371.25

### **LISA BANSE SOFTBALL PITCHING SPL'S (Ages 13+)**

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player max: 4*

4 weeks	<b>Thursdays</b>	January 6- January 27	6:00pm – 7:00pm	\$267.30*/\$297
4 weeks	<b>Thursdays</b>	February 3 – February 24	6:00pm – 7:00pm	\$267.30*/\$297
5 weeks	<b>Thursdays</b>	March 3 – March 31	6:00pm – 7:00pm	\$334.12*/\$371.25

## **Catching**

### **INTRO TO CATCHING (Ages 9-12)**

*This 55 minute session will cover all aspects of the **Catcher Position**. Player max: 8 per class*

4 weeks	<b>Wednesdays</b>	January 5 – January 26	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Wednesdays</b>	February 2 – February 23	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Wednesdays</b>	March 2 – March 30	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Fridays</b>	January 7 – January 28	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Fridays</b>	February 4 – February 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Fridays</b>	March 4 – March 25	5:00pm – 5:55pm	\$111.60*/\$124

## ***Private Lessons***

### **PRIVATE LESSONS** (All Ages)

30 Minute Lesson \$49.50 \*/ \$55

60 Minute Lesson \$90 \*/ \$100

### **LESSON PACKAGE** (All Ages)

20 lessons (30 minutes) \$747\*/\$830

Pre-paid lessons are valid for one year from purchase date

### **For the COMPLETE PLAYER**

Choose your topics: *Hitting, Pitching, Catching, Fielding*

### **CREATE A 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 8 players. **\$120 per session**. Schedule your day and time; available every day.

## ***Rentals***

**30 minutes \$40.50\*/\$45**

**60 minutes \$58.50\*/\$65**

**Special TEAM Tunnel Rental \$50 / 1 hour**

**AFTER HOURS Special: FULL INDOOR SPACE \$195 for 1 hour**

Available: Monday-Saturday 8:30pm-9:30pm; Sunday 7:30pm-8:30pm

**\*Baseballs/Softballs are NOT provided\***



# **MEMBERSHIP**

## **Being a member has its perks!**

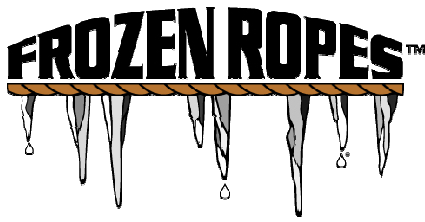
10% off classes, lessons, rentals, camps, non-sale proshop items

Free STAR tablet

Six free 30 min. tunnel rentals

Frozen Ropes National Training Center  
24 Old Black Meadow Road ♦ Chester, NY 10918  
[www.frozenropes.com/chester](http://www.frozenropes.com/chester) / email: [chester@frozenropes.com](mailto:chester@frozenropes.com)  
**(845) 469-9507**





# WINTER 2022 Baseball/Softball Schedule of Events January - March

## Academy Classes

\* indicates Member Pricing

### **FROZEN ROPES ACADEMIES (BASEBALL/SOFTBALL Ages 3-4, 5-6, 7-9, and 10-12)**

*Our academy CLASSES develop the next generation of baseball and softball players.*

*Throwing, Fielding and Hitting are the main topics. Player max: 12 per class (55 minutes)*

#### **Rookie (Ages 3-4)**

4 Weeks	<b>Wednesdays</b>	January 5 – January 26	5:00pm – 5:55pm	\$79.20*/\$88
4 weeks	<b>Wednesdays</b>	February 2 – February 23	5:00pm – 5:55pm	\$79.20*/\$88
5 weeks	<b>Wednesdays</b>	March 2 – March 30	5:00pm – 5:55pm	\$99*/\$110
4 weeks	<b>Saturdays</b>	January 8 – January 29	10:00am – 10:55am	\$79.20*/\$88
4 weeks	<b>Saturdays</b>	February 5 – February 26	10:00am – 10:55am	\$79.20*/\$88
4 weeks	<b>Saturdays</b>	March 5 – March 26	10:00am – 10:55am	\$79.20*/\$88

#### **Junior (Ages 5-6)**

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155
4 weeks	<b>Saturdays</b>	January 8 – January 29	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	January 9 – January 30	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	10:00am – 10:55am	\$111.60*/\$124

#### **Senior (Ages 7-9)**

4 weeks	<b>Tuesdays</b>	January 4 – January 25	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Thursdays</b>	January 6 – January 27	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Thursdays</b>	February 3 – February 24	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Thursdays</b>	March 3 – March 31	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Saturdays</b>	January 8 – January 29	12:00pm --12:55pm	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	12:00pm --12:55pm	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	12:00pm --12:55pm	\$111.60*/\$124
4 weeks	<b>Sundays</b>	January 9 – January 30	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	11:00am --11:55am	\$111.60*/\$124

#### **All-Skills (Ages 10-12)**

4 weeks	<b>Sundays</b>	January 9 – January 30	12:00pm – 12:55pm	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	12:00pm – 12:55pm	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	12:00pm – 12:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	7:00pm – 7:55pm	\$139.50*/\$155
5 weeks	<b>Thursdays</b>	March 3 – March 31	7:00pm – 7:55pm	\$139.50*/\$155

## Hitting

### **TOTAL PERFORMANCE HITTING** (Ages 7-9)

*This 60 minute session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	5:00pm – 5:55pm	\$139.50*/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Mondays</b>	March 7 – March 28	5:00pm – 5:55pm	\$111.60*/\$124

4 weeks	<b>Saturdays</b>	January 8 – January 29	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	10:00am – 10:55am	\$111.60*/\$124

### **TOTAL PERFORMANCE HITTING** (Ages 10-12)

*This 60 minute session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	6:00pm – 6:55pm	\$139.50**/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Mondays</b>	March 7 – March 28	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	January 8 – January 29	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	11:00am – 11:55am	\$111.60*/\$124

### **TOTAL PERFORMANCE HITTING CLASS** (Ages 13+)

*This 55 minute session will cover all aspects of hitting with emphasis on timing and pitch selection. Player max: 6 per class*

4 weeks	<b>Wednesdays</b>	January 5 – January 26	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Wednesdays</b>	February 2 – February 23	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Wednesdays</b>	March 2 – March 30	6:00pm – 6:55pm	\$139.50**/\$155

## Fielding

### **GOLD GLOVE DEFENSE** (Ages 9-12)

*Learn all the tricks of the trade to be a great defender at all positions.*

*Glove work, footwork and throwing will be the key components of this class. Player max: 12 per class (55 minutes)*

4 weeks	<b>Thursdays</b>	January 6 – January 27	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Thursdays</b>	February 3 – February 24	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Thursdays</b>	March 3 – March 31	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Sundays</b>	January 9 – January 30	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	11:00am --11:55am	\$111.60*/\$124

## Baseball Pitching

### **BASEBALL PITCHING BOOT CAMP** (Ages 8-10)

*All aspects of throwing and building a pitching delivery. Player max: 12 per class (55 minutes)*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155
4 weeks	<b>Saturdays</b>	January 8 – January 29	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	11:00am – 11:55am	\$111.60*/\$124

### **MIKE BERTOTTI 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: 4*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	4:00pm – 5:00pm	\$267.30*/\$297
4 weeks	<b>Tuesdays</b>	February 1 – February 22	4:00pm – 5:00pm	\$267.30*/\$297
5 weeks	<b>Tuesdays</b>	March 1 – March 29	4:00pm – 5:00pm	\$334.12*/\$371.25
4 weeks	<b>Fridays</b>	January 7 – January 28	4:00pm – 5:00pm	\$267.30*/\$297
4 weeks	<b>Fridays</b>	February 4 – February 25	4:00pm – 5:00pm	\$267.30*/\$297
4 weeks	<b>Fridays</b>	March 4 – March 25	4:00pm – 5:00pm	\$267.30*/\$297

### **MIKE BERTOTTI BASEBALL PITCHING SPL'S (Ages 13+)**

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player Max:4*

5 weeks	<b>Mondays</b>	January 3 – January 31	7:00pm – 8:00pm	\$334.12*/\$371.25
4 weeks	<b>Mondays</b>	February 7 – February 28	7:00pm – 8:00pm	\$267.30*/\$297
4 weeks	<b>Mondays</b>	March 7 – March 28	7:00pm – 8:00pm	\$267.30*/\$297
4 weeks	<b>Tuesdays</b>	January 4 – January 25	6:00pm – 7:00pm	\$267.30*/\$297
4 weeks	<b>Tuesdays</b>	February 1 – February 22	6:00pm – 7:00pm	\$267.30*/\$297
5 weeks	<b>Tuesdays</b>	March 1 – March 29	6:00pm – 7:00pm	\$334.12*/\$371.25

## **Softball**

### **SOFTBALL HITTING (Ages 13+)**

*This session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155

### **SOFTBALL PITCHING CLASS (Ages 8-12)**

*Learn the right way the first time. Class emphasis on arm action and delivery consistency to maximize control and age appropriate speed levels. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Mondays</b>	March 7 – March 28	6:00pm – 6:55pm	\$111.60*/\$124

### **LISA BANSE SOFTBALL PITCHING SPL'S (Ages 10-12)**

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player max: 4*

4 weeks	<b>Thursdays</b>	January 6- January 27	5:00pm – 6:00pm	\$267.30*/\$297
4 weeks	<b>Thursdays</b>	February 3 – February 24	5:00pm – 6:00pm	\$267.30*/\$297
5 weeks	<b>Thursdays</b>	March 3 – March 31	5:00pm – 6:00pm	\$334.12*/\$371.25

### **LISA BANSE SOFTBALL PITCHING SPL'S (Ages 13+)**

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player max: 4*

4 weeks	<b>Thursdays</b>	January 6- January 27	6:00pm – 7:00pm	\$267.30*/\$297
4 weeks	<b>Thursdays</b>	February 3 – February 24	6:00pm – 7:00pm	\$267.30*/\$297
5 weeks	<b>Thursdays</b>	March 3 – March 31	6:00pm – 7:00pm	\$334.12*/\$371.25

## **Catching**

### **INTRO TO CATCHING (Ages 9-12)**

*This 55 minute session will cover all aspects of the **Catcher Position**. Player max: 8 per class*

4 weeks	<b>Wednesdays</b>	January 5 – January 26	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Wednesdays</b>	February 2 – February 23	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Wednesdays</b>	March 2 – March 30	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Fridays</b>	January 7 – January 28	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Fridays</b>	February 4 – February 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Fridays</b>	March 4 – March 25	5:00pm – 5:55pm	\$111.60*/\$124

## ***Private Lessons***

### **PRIVATE LESSONS** (All Ages)

30 Minute Lesson \$49.50 \*/ \$55

60 Minute Lesson \$90 \*/ \$100

### **LESSON PACKAGE** (All Ages)

20 lessons (30 minutes) \$747\*/\$830

Pre-paid lessons are valid for one year from purchase date

### **For the COMPLETE PLAYER**

Choose your topics: *Hitting, Pitching, Catching, Fielding*

### **CREATE A 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 8 players. **\$120 per session**. Schedule your day and time; available every day.

## ***Rentals***

**30 minutes \$40.50\*/\$45      60 minutes \$58.50\*/\$65**

**Special TEAM Tunnel Rental \$50 / 1 hour**

**AFTER HOURS Special: FULL INDOOR SPACE \$195 for 1 hour**

Available: Monday-Saturday 8:30pm-9:30pm; Sunday 7:30pm-8:30pm

**\*Baseballs/Softballs are NOT provided\***



# **MEMBERSHIP**

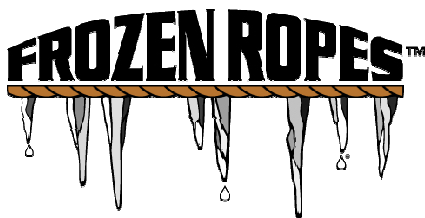
## **Being a member has its perks!**

10% off classes, lessons, rentals, camps, non-sale proshop items

Free STAR tablet

Six free 30 min. tunnel rentals

Frozen Ropes National Training Center  
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**(845) 469-9507**



# WINTER 2022 Baseball/Softball Schedule of Events January - March

## Academy Classes

\* indicates Member Pricing

### **FROZEN ROPES ACADEMIES (BASEBALL/SOFTBALL Ages 3-4, 5-6, 7-9, and 10-12)**

*Our academy CLASSES develop the next generation of baseball and softball players.*

*Throwing, Fielding and Hitting are the main topics. Player max: 12 per class (55 minutes)*

#### **Rookie (Ages 3-4)**

4 Weeks	<b>Wednesdays</b>	January 5 – January 26	5:00pm – 5:55pm	\$79.20*/\$88
4 weeks	<b>Wednesdays</b>	February 2 – February 23	5:00pm – 5:55pm	\$79.20*/\$88
5 weeks	<b>Wednesdays</b>	March 2 – March 30	5:00pm – 5:55pm	\$99*/\$110
4 weeks	<b>Saturdays</b>	January 8 – January 29	10:00am – 10:55am	\$79.20*/\$88
4 weeks	<b>Saturdays</b>	February 5 – February 26	10:00am – 10:55am	\$79.20*/\$88
4 weeks	<b>Saturdays</b>	March 5 – March 26	10:00am – 10:55am	\$79.20*/\$88

#### **Junior (Ages 5-6)**

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155
4 weeks	<b>Saturdays</b>	January 8 – January 29	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	January 9 – January 30	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	10:00am – 10:55am	\$111.60*/\$124

#### **Senior (Ages 7-9)**

4 weeks	<b>Tuesdays</b>	January 4 – January 25	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Thursdays</b>	January 6 – January 27	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Thursdays</b>	February 3 – February 24	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Thursdays</b>	March 3 – March 31	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Saturdays</b>	January 8 – January 29	12:00pm --12:55pm	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	12:00pm --12:55pm	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	12:00pm --12:55pm	\$111.60*/\$124
4 weeks	<b>Sundays</b>	January 9 – January 30	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	11:00am --11:55am	\$111.60*/\$124

#### **All-Skills (Ages 10-12)**

4 weeks	<b>Sundays</b>	January 9 – January 30	12:00pm – 12:55pm	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	12:00pm – 12:55pm	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	12:00pm – 12:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	7:00pm – 7:55pm	\$139.50*/\$155
5 weeks	<b>Thursdays</b>	March 3 – March 31	7:00pm – 7:55pm	\$139.50*/\$155



## Hitting

### **TOTAL PERFORMANCE HITTING** (Ages 7-9)

*This 60 minute session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	5:00pm – 5:55pm	\$139.50*/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Mondays</b>	March 7 – March 28	5:00pm – 5:55pm	\$111.60*/\$124

4 weeks	<b>Saturdays</b>	January 8 – January 29	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	10:00am – 10:55am	\$111.60*/\$124

### **TOTAL PERFORMANCE HITTING** (Ages 10-12)

*This 60 minute session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	6:00pm – 6:55pm	\$139.50**/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Mondays</b>	March 7 – March 28	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	January 8 – January 29	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	11:00am – 11:55am	\$111.60*/\$124

### **TOTAL PERFORMANCE HITTING CLASS** (Ages 13+)

*This 55 minute session will cover all aspects of hitting with emphasis on timing and pitch selection. Player max: 6 per class*

4 weeks	<b>Wednesdays</b>	January 5 – January 26	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Wednesdays</b>	February 2 – February 23	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Wednesdays</b>	March 2 – March 30	6:00pm – 6:55pm	\$139.50**/\$155

## Fielding

### **GOLD GLOVE DEFENSE** (Ages 9-12)

*Learn all the tricks of the trade to be a great defender at all positions.*

*Glove work, footwork and throwing will be the key components of this class. Player max: 12 per class (55 minutes)*

4 weeks	<b>Thursdays</b>	January 6 – January 27	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Thursdays</b>	February 3 – February 24	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Thursdays</b>	March 3 – March 31	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Sundays</b>	January 9 – January 30	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	11:00am --11:55am	\$111.60*/\$124

## Baseball Pitching

### **BASEBALL PITCHING BOOT CAMP** (Ages 8-10)

*All aspects of throwing and building a pitching delivery. Player max: 12 per class (55 minutes)*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155
4 weeks	<b>Saturdays</b>	January 8 – January 29	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	11:00am – 11:55am	\$111.60*/\$124

### **MIKE BERTOTTI 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: 4*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	4:00pm – 5:00pm	\$267.30*/\$297
4 weeks	<b>Tuesdays</b>	February 1 – February 22	4:00pm – 5:00pm	\$267.30*/\$297
5 weeks	<b>Tuesdays</b>	March 1 – March 29	4:00pm – 5:00pm	\$334.12*/\$371.25
4 weeks	<b>Fridays</b>	January 7 – January 28	4:00pm – 5:00pm	\$267.30*/\$297
4 weeks	<b>Fridays</b>	February 4 – February 25	4:00pm – 5:00pm	\$267.30*/\$297
4 weeks	<b>Fridays</b>	March 4 – March 25	4:00pm – 5:00pm	\$267.30*/\$297

### **MIKE BERTOTTI BASEBALL PITCHING SPL'S (Ages 13+)**

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player Max:4*

5 weeks	<b>Mondays</b>	January 3 – January 31	7:00pm – 8:00pm	\$334.12*/\$371.25
4 weeks	<b>Mondays</b>	February 7 – February 28	7:00pm – 8:00pm	\$267.30*/\$297
4 weeks	<b>Mondays</b>	March 7 – March 28	7:00pm – 8:00pm	\$267.30*/\$297
4 weeks	<b>Tuesdays</b>	January 4 – January 25	6:00pm – 7:00pm	\$267.30*/\$297
4 weeks	<b>Tuesdays</b>	February 1 – February 22	6:00pm – 7:00pm	\$267.30*/\$297
5 weeks	<b>Tuesdays</b>	March 1 – March 29	6:00pm – 7:00pm	\$334.12*/\$371.25

## **Softball**

### **SOFTBALL HITTING (Ages 13+)**

*This session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155

### **SOFTBALL PITCHING CLASS (Ages 8-12)**

*Learn the right way the first time. Class emphasis on arm action and delivery consistency to maximize control and age appropriate speed levels. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Mondays</b>	March 7 – March 28	6:00pm – 6:55pm	\$111.60*/\$124

### **LISA BANSE SOFTBALL PITCHING SPL'S (Ages 10-12)**

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player max: 4*

4 weeks	<b>Thursdays</b>	January 6- January 27	5:00pm – 6:00pm	\$267.30*/\$297
4 weeks	<b>Thursdays</b>	February 3 – February 24	5:00pm – 6:00pm	\$267.30*/\$297
5 weeks	<b>Thursdays</b>	March 3 – March 31	5:00pm – 6:00pm	\$334.12*/\$371.25

### **LISA BANSE SOFTBALL PITCHING SPL'S (Ages 13+)**

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player max: 4*

4 weeks	<b>Thursdays</b>	January 6- January 27	6:00pm – 7:00pm	\$267.30*/\$297
4 weeks	<b>Thursdays</b>	February 3 – February 24	6:00pm – 7:00pm	\$267.30*/\$297
5 weeks	<b>Thursdays</b>	March 3 – March 31	6:00pm – 7:00pm	\$334.12*/\$371.25

## **Catching**

### **INTRO TO CATCHING (Ages 9-12)**

*This 55 minute session will cover all aspects of the **Catcher Position**. Player max: 8 per class*

4 weeks	<b>Wednesdays</b>	January 5 – January 26	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Wednesdays</b>	February 2 – February 23	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Wednesdays</b>	March 2 – March 30	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Fridays</b>	January 7 – January 28	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Fridays</b>	February 4 – February 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Fridays</b>	March 4 – March 25	5:00pm – 5:55pm	\$111.60*/\$124

## ***Private Lessons***

### **PRIVATE LESSONS** (All Ages)

30 Minute Lesson \$49.50 \*/ \$55

60 Minute Lesson \$90 \*/ \$100

### **LESSON PACKAGE** (All Ages)

20 lessons (30 minutes) \$747\*/\$830

Pre-paid lessons are valid for one year from purchase date

### **For the COMPLETE PLAYER**

Choose your topics: *Hitting, Pitching, Catching, Fielding*

### **CREATE A 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 8 players. **\$120 per session**. Schedule your day and time; available every day.

## ***Rentals***

**30 minutes \$40.50\*/\$45      60 minutes \$58.50\*/\$65**

**Special TEAM Tunnel Rental \$50 / 1 hour**

**AFTER HOURS Special: FULL INDOOR SPACE \$195 for 1 hour**

Available: Monday-Saturday 8:30pm-9:30pm; Sunday 7:30pm-8:30pm

**\*Baseballs/Softballs are NOT provided\***



# **MEMBERSHIP**

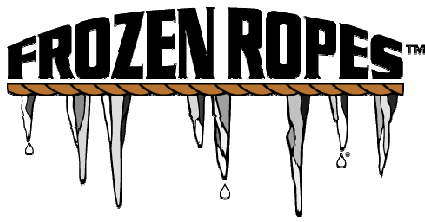
## **Being a member has its perks!**

10% off classes, lessons, rentals, camps, non-sale proshop items

Free STAR tablet

Six free 30 min. tunnel rentals

Frozen Ropes National Training Center  
24 Old Black Meadow Road ♦ Chester, NY 10918  
[www.frozenropes.com/chester](http://www.frozenropes.com/chester) / email: [chester@frozenropes.com](mailto:chester@frozenropes.com)  
**(845) 469-9507**



# WINTER 2022 Baseball/Softball Schedule of Events January - March

## Academy Classes

\* indicates Member Pricing

### **FROZEN ROPES ACADEMIES (BASEBALL/SOFTBALL Ages 3-4, 5-6, 7-9, and 10-12)**

*Our academy CLASSES develop the next generation of baseball and softball players.*

*Throwing, Fielding and Hitting are the main topics. Player max: 12 per class (55 minutes)*

#### **Rookie (Ages 3-4)**

4 Weeks	<b>Wednesdays</b>	January 5 – January 26	5:00pm – 5:55pm	\$79.20*/\$88
4 weeks	<b>Wednesdays</b>	February 2 – February 23	5:00pm – 5:55pm	\$79.20*/\$88
5 weeks	<b>Wednesdays</b>	March 2 – March 30	5:00pm – 5:55pm	\$99*/\$110
4 weeks	<b>Saturdays</b>	January 8 – January 29	10:00am – 10:55am	\$79.20*/\$88
4 weeks	<b>Saturdays</b>	February 5 – February 26	10:00am – 10:55am	\$79.20*/\$88
4 weeks	<b>Saturdays</b>	March 5 – March 26	10:00am – 10:55am	\$79.20*/\$88

#### **Junior (Ages 5-6)**

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155
4 weeks	<b>Saturdays</b>	January 8 – January 29	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	January 9 – January 30	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	10:00am – 10:55am	\$111.60*/\$124

#### **Senior (Ages 7-9)**

4 weeks	<b>Tuesdays</b>	January 4 – January 25	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Thursdays</b>	January 6 – January 27	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Thursdays</b>	February 3 – February 24	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Thursdays</b>	March 3 – March 31	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Saturdays</b>	January 8 – January 29	12:00pm --12:55pm	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	12:00pm --12:55pm	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	12:00pm --12:55pm	\$111.60*/\$124
4 weeks	<b>Sundays</b>	January 9 – January 30	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	11:00am --11:55am	\$111.60*/\$124

#### **All-Skills (Ages 10-12)**

4 weeks	<b>Sundays</b>	January 9 – January 30	12:00pm – 12:55pm	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	12:00pm – 12:55pm	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	12:00pm – 12:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	7:00pm – 7:55pm	\$139.50*/\$155
5 weeks	<b>Thursdays</b>	March 3 – March 31	7:00pm – 7:55pm	\$139.50*/\$155

## Hitting

### TOTAL PERFORMANCE HITTING (Ages 7-9)

*This 60 minute session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	5:00pm – 5:55pm	\$139.50*/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Mondays</b>	March 7 – March 28	5:00pm – 5:55pm	\$111.60*/\$124

4 weeks	<b>Saturdays</b>	January 8 – January 29	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	10:00am – 10:55am	\$111.60*/\$124

### TOTAL PERFORMANCE HITTING (Ages 10-12)

*This 60 minute session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	6:00pm – 6:55pm	\$139.50**/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Mondays</b>	March 7 – March 28	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	January 8 – January 29	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	11:00am – 11:55am	\$111.60*/\$124

### TOTAL PERFORMANCE HITTING CLASS (Ages 13+)

*This 55 minute session will cover all aspects of hitting with emphasis on timing and pitch selection. Player max: 6 per class*

4 weeks	<b>Wednesdays</b>	January 5 – January 26	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Wednesdays</b>	February 2 – February 23	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Wednesdays</b>	March 2 – March 30	6:00pm – 6:55pm	\$139.50**/\$155

## Fielding

### GOLD GLOVE DEFENSE (Ages 9-12)

*Learn all the tricks of the trade to be a great defender at all positions.*

*Glove work, footwork and throwing will be the key components of this class. Player max: 12 per class (55 minutes)*

4 weeks	<b>Thursdays</b>	January 6 – January 27	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Thursdays</b>	February 3 – February 24	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Thursdays</b>	March 3 – March 31	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Sundays</b>	January 9 – January 30	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	11:00am --11:55am	\$111.60*/\$124

## Baseball Pitching

### BASEBALL PITCHING BOOT CAMP (Ages 8-10)

*All aspects of throwing and building a pitching delivery. Player max: 12 per class (55 minutes)*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155
4 weeks	<b>Saturdays</b>	January 8 – January 29	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	11:00am – 11:55am	\$111.60*/\$124

### MIKE BERTOTTI 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: 4*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	4:00pm – 5:00pm	\$267.30*/\$297
4 weeks	<b>Tuesdays</b>	February 1 – February 22	4:00pm – 5:00pm	\$267.30*/\$297
5 weeks	<b>Tuesdays</b>	March 1 – March 29	4:00pm – 5:00pm	\$334.12*/\$371.25
4 weeks	<b>Fridays</b>	January 7 – January 28	4:00pm – 5:00pm	\$267.30*/\$297
4 weeks	<b>Fridays</b>	February 4 – February 25	4:00pm – 5:00pm	\$267.30*/\$297
4 weeks	<b>Fridays</b>	March 4 – March 25	4:00pm – 5:00pm	\$267.30*/\$297



### **MIKE BERTOTTI BASEBALL PITCHING SPL'S** (Ages 13+)

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player Max:4*

5 weeks	<b>Mondays</b>	January 3 – January 31	7:00pm – 8:00pm	\$334.12*/\$371.25
4 weeks	<b>Mondays</b>	February 7 – February 28	7:00pm – 8:00pm	\$267.30*/\$297
4 weeks	<b>Mondays</b>	March 7 – March 28	7:00pm – 8:00pm	\$267.30*/\$297
4 weeks	<b>Tuesdays</b>	January 4 – January 25	6:00pm – 7:00pm	\$267.30*/\$297
4 weeks	<b>Tuesdays</b>	February 1 – February 22	6:00pm – 7:00pm	\$267.30*/\$297
5 weeks	<b>Tuesdays</b>	March 1 – March 29	6:00pm – 7:00pm	\$334.12*/\$371.25

## ***Softball***

### **SOFTBALL HITTING** (Ages 13+)

*This session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155

### **SOFTBALL PITCHING CLASS** (Ages 8-12)

*Learn the right way the first time. Class emphasis on arm action and delivery consistency to maximize control and age appropriate speed levels. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Mondays</b>	March 7 – March 28	6:00pm – 6:55pm	\$111.60*/\$124

### **LISA BANSE SOFTBALL PITCHING SPL'S** (Ages 10-12)

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player max: 4*

4 weeks	<b>Thursdays</b>	January 6- January 27	5:00pm – 6:00pm	\$267.30*/\$297
4 weeks	<b>Thursdays</b>	February 3 – February 24	5:00pm – 6:00pm	\$267.30*/\$297
5 weeks	<b>Thursdays</b>	March 3 – March 31	5:00pm – 6:00pm	\$334.12*/\$371.25

### **LISA BANSE SOFTBALL PITCHING SPL'S** (Ages 13+)

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player max: 4*

4 weeks	<b>Thursdays</b>	January 6- January 27	6:00pm – 7:00pm	\$267.30*/\$297
4 weeks	<b>Thursdays</b>	February 3 – February 24	6:00pm – 7:00pm	\$267.30*/\$297
5 weeks	<b>Thursdays</b>	March 3 – March 31	6:00pm – 7:00pm	\$334.12*/\$371.25

## ***Catching***

### **INTRO TO CATCHING** (Ages 9-12)

*This 55 minute session will cover all aspects of the **Catcher Position**. Player max: 8 per class*

4 weeks	<b>Wednesdays</b>	January 5 – January 26	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Wednesdays</b>	February 2 – February 23	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Wednesdays</b>	March 2 – March 30	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Fridays</b>	January 7 – January 28	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Fridays</b>	February 4 – February 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Fridays</b>	March 4 – March 25	5:00pm – 5:55pm	\$111.60*/\$124

## ***Private Lessons***

### **PRIVATE LESSONS** (All Ages)

30 Minute Lesson \$49.50 \*/ \$55

60 Minute Lesson \$90 \*/ \$100

### **LESSON PACKAGE** (All Ages)

20 lessons (30 minutes) \$747\*/\$830

Pre-paid lessons are valid for one year from purchase date

### **For the COMPLETE PLAYER**

Choose your topics: *Hitting, Pitching, Catching, Fielding*

### **CREATE A 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 8 players. **\$120 per session**. Schedule your day and time; available every day.

## ***Rentals***

**30 minutes \$40.50\*/\$45      60 minutes \$58.50\*/\$65**

**Special TEAM Tunnel Rental \$50 / 1 hour**

**AFTER HOURS Special: FULL INDOOR SPACE \$195 for 1 hour**

Available: Monday-Saturday 8:30pm-9:30pm; Sunday 7:30pm-8:30pm

**\*Baseballs/Softballs are NOT provided\***



# **MEMBERSHIP**

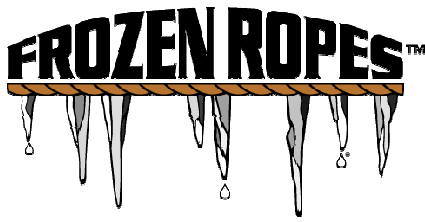
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**(845) 469-9507**



# WINTER 2022 Baseball/Softball Schedule of Events January - March

## Academy Classes

\* indicates Member Pricing

### **FROZEN ROPES ACADEMIES (BASEBALL/SOFTBALL Ages 3-4, 5-6, 7-9, and 10-12)**

*Our academy CLASSES develop the next generation of baseball and softball players.*

*Throwing, Fielding and Hitting are the main topics. Player max: 12 per class (55 minutes)*

#### **Rookie (Ages 3-4)**

4 Weeks	<b>Wednesdays</b>	January 5 – January 26	5:00pm – 5:55pm	\$79.20*/\$88
4 weeks	<b>Wednesdays</b>	February 2 – February 23	5:00pm – 5:55pm	\$79.20*/\$88
5 weeks	<b>Wednesdays</b>	March 2 – March 30	5:00pm – 5:55pm	\$99*/\$110
4 weeks	<b>Saturdays</b>	January 8 – January 29	10:00am – 10:55am	\$79.20*/\$88
4 weeks	<b>Saturdays</b>	February 5 – February 26	10:00am – 10:55am	\$79.20*/\$88
4 weeks	<b>Saturdays</b>	March 5 – March 26	10:00am – 10:55am	\$79.20*/\$88

#### **Junior (Ages 5-6)**

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155
4 weeks	<b>Saturdays</b>	January 8 – January 29	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	January 9 – January 30	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	10:00am – 10:55am	\$111.60*/\$124

#### **Senior (Ages 7-9)**

4 weeks	<b>Tuesdays</b>	January 4 – January 25	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Thursdays</b>	January 6 – January 27	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Thursdays</b>	February 3 – February 24	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Thursdays</b>	March 3 – March 31	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Saturdays</b>	January 8 – January 29	12:00pm --12:55pm	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	12:00pm --12:55pm	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	12:00pm --12:55pm	\$111.60*/\$124
4 weeks	<b>Sundays</b>	January 9 – January 30	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	11:00am --11:55am	\$111.60*/\$124

#### **All-Skills (Ages 10-12)**

4 weeks	<b>Sundays</b>	January 9 – January 30	12:00pm – 12:55pm	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	12:00pm – 12:55pm	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	12:00pm – 12:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	7:00pm – 7:55pm	\$139.50*/\$155
5 weeks	<b>Thursdays</b>	March 3 – March 31	7:00pm – 7:55pm	\$139.50*/\$155

## Hitting

### **TOTAL PERFORMANCE HITTING** (Ages 7-9)

*This 60 minute session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	5:00pm – 5:55pm	\$139.50*/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Mondays</b>	March 7 – March 28	5:00pm – 5:55pm	\$111.60*/\$124

4 weeks	<b>Saturdays</b>	January 8 – January 29	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	10:00am – 10:55am	\$111.60*/\$124

### **TOTAL PERFORMANCE HITTING** (Ages 10-12)

*This 60 minute session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	6:00pm – 6:55pm	\$139.50**/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Mondays</b>	March 7 – March 28	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	January 8 – January 29	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	11:00am – 11:55am	\$111.60*/\$124

### **TOTAL PERFORMANCE HITTING CLASS** (Ages 13+)

*This 55 minute session will cover all aspects of hitting with emphasis on timing and pitch selection. Player max: 6 per class*

4 weeks	<b>Wednesdays</b>	January 5 – January 26	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Wednesdays</b>	February 2 – February 23	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Wednesdays</b>	March 2 – March 30	6:00pm – 6:55pm	\$139.50**/\$155

## Fielding

### **GOLD GLOVE DEFENSE** (Ages 9-12)

*Learn all the tricks of the trade to be a great defender at all positions.*

*Glove work, footwork and throwing will be the key components of this class. Player max: 12 per class (55 minutes)*

4 weeks	<b>Thursdays</b>	January 6 – January 27	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Thursdays</b>	February 3 – February 24	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Thursdays</b>	March 3 – March 31	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Sundays</b>	January 9 – January 30	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	11:00am --11:55am	\$111.60*/\$124

## Baseball Pitching

### **BASEBALL PITCHING BOOT CAMP** (Ages 8-10)

*All aspects of throwing and building a pitching delivery. Player max: 12 per class (55 minutes)*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155
4 weeks	<b>Saturdays</b>	January 8 – January 29	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	11:00am – 11:55am	\$111.60*/\$124

### **MIKE BERTOTTI 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: 4*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	4:00pm – 5:00pm	\$267.30*/\$297
4 weeks	<b>Tuesdays</b>	February 1 – February 22	4:00pm – 5:00pm	\$267.30*/\$297
5 weeks	<b>Tuesdays</b>	March 1 – March 29	4:00pm – 5:00pm	\$334.12*/\$371.25
4 weeks	<b>Fridays</b>	January 7 – January 28	4:00pm – 5:00pm	\$267.30*/\$297
4 weeks	<b>Fridays</b>	February 4 – February 25	4:00pm – 5:00pm	\$267.30*/\$297
4 weeks	<b>Fridays</b>	March 4 – March 25	4:00pm – 5:00pm	\$267.30*/\$297

### **MIKE BERTOTTI BASEBALL PITCHING SPL'S** (Ages 13+)

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player Max:4*

5 weeks	<b>Mondays</b>	January 3 – January 31	7:00pm – 8:00pm	\$334.12*/\$371.25
4 weeks	<b>Mondays</b>	February 7 – February 28	7:00pm – 8:00pm	\$267.30*/\$297
4 weeks	<b>Mondays</b>	March 7 – March 28	7:00pm – 8:00pm	\$267.30*/\$297
4 weeks	<b>Tuesdays</b>	January 4 – January 25	6:00pm – 7:00pm	\$267.30*/\$297
4 weeks	<b>Tuesdays</b>	February 1 – February 22	6:00pm – 7:00pm	\$267.30*/\$297
5 weeks	<b>Tuesdays</b>	March 1 – March 29	6:00pm – 7:00pm	\$334.12*/\$371.25

## ***Softball***

### **SOFTBALL HITTING** (Ages 13+)

*This session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155

### **SOFTBALL PITCHING CLASS** (Ages 8-12)

*Learn the right way the first time. Class emphasis on arm action and delivery consistency to maximize control and age appropriate speed levels. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Mondays</b>	March 7 – March 28	6:00pm – 6:55pm	\$111.60*/\$124

### **LISA BANSE SOFTBALL PITCHING SPL'S** (Ages 10-12)

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player max: 4*

4 weeks	<b>Thursdays</b>	January 6- January 27	5:00pm – 6:00pm	\$267.30*/\$297
4 weeks	<b>Thursdays</b>	February 3 – February 24	5:00pm – 6:00pm	\$267.30*/\$297
5 weeks	<b>Thursdays</b>	March 3 – March 31	5:00pm – 6:00pm	\$334.12*/\$371.25

### **LISA BANSE SOFTBALL PITCHING SPL'S** (Ages 13+)

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player max: 4*

4 weeks	<b>Thursdays</b>	January 6- January 27	6:00pm – 7:00pm	\$267.30*/\$297
4 weeks	<b>Thursdays</b>	February 3 – February 24	6:00pm – 7:00pm	\$267.30*/\$297
5 weeks	<b>Thursdays</b>	March 3 – March 31	6:00pm – 7:00pm	\$334.12*/\$371.25

## ***Catching***

### **INTRO TO CATCHING** (Ages 9-12)

*This 55 minute session will cover all aspects of the **Catcher Position**. Player max: 8 per class*

4 weeks	<b>Wednesdays</b>	January 5 – January 26	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Wednesdays</b>	February 2 – February 23	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Wednesdays</b>	March 2 – March 30	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Fridays</b>	January 7 – January 28	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Fridays</b>	February 4 – February 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Fridays</b>	March 4 – March 25	5:00pm – 5:55pm	\$111.60*/\$124



## ***Private Lessons***

### **PRIVATE LESSONS** (All Ages)

30 Minute Lesson \$49.50 \*/ \$55

60 Minute Lesson \$90 \*/ \$100

### **LESSON PACKAGE** (All Ages)

20 lessons (30 minutes) \$747\*/\$830

Pre-paid lessons are valid for one year from purchase date

### **For the COMPLETE PLAYER**

Choose your topics: *Hitting, Pitching, Catching, Fielding*

### **CREATE A 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 8 players. **\$120 per session**. Schedule your day and time; available every day.

## ***Rentals***

**30 minutes \$40.50\*/\$45      60 minutes \$58.50\*/\$65**

**Special TEAM Tunnel Rental \$50 / 1 hour**

**AFTER HOURS Special: FULL INDOOR SPACE \$195 for 1 hour**

Available: Monday-Saturday 8:30pm-9:30pm; Sunday 7:30pm-8:30pm

**\*Baseballs/Softballs are NOT provided\***



# **MEMBERSHIP**

## **Being a member has its perks!**

10% off classes, lessons, rentals, camps, non-sale proshop items

Free STAR tablet

Six free 30 min. tunnel rentals

Frozen Ropes National Training Center  
24 Old Black Meadow Road ♦ Chester, NY 10918  
[www.frozenropes.com/chester](http://www.frozenropes.com/chester) / email: [chester@frozenropes.com](mailto:chester@frozenropes.com)  
**(845) 469-9507**



# WINTER 2022 Baseball/Softball Schedule of Events January - March

## Academy Classes

\* indicates Member Pricing

### **FROZEN ROPES ACADEMIES (BASEBALL/SOFTBALL Ages 3-4, 5-6, 7-9, and 10-12)**

*Our academy CLASSES develop the next generation of baseball and softball players.*

*Throwing, Fielding and Hitting are the main topics. Player max: 12 per class (55 minutes)*

#### **Rookie (Ages 3-4)**

4 Weeks	<b>Wednesdays</b>	January 5 – January 26	5:00pm – 5:55pm	\$79.20*/\$88
4 weeks	<b>Wednesdays</b>	February 2 – February 23	5:00pm – 5:55pm	\$79.20*/\$88
5 weeks	<b>Wednesdays</b>	March 2 – March 30	5:00pm – 5:55pm	\$99*/\$110
4 weeks	<b>Saturdays</b>	January 8 – January 29	10:00am – 10:55am	\$79.20*/\$88
4 weeks	<b>Saturdays</b>	February 5 – February 26	10:00am – 10:55am	\$79.20*/\$88
4 weeks	<b>Saturdays</b>	March 5 – March 26	10:00am – 10:55am	\$79.20*/\$88

#### **Junior (Ages 5-6)**

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155
4 weeks	<b>Saturdays</b>	January 8 – January 29	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	January 9 – January 30	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	10:00am – 10:55am	\$111.60*/\$124

#### **Senior (Ages 7-9)**

4 weeks	<b>Tuesdays</b>	January 4 – January 25	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Thursdays</b>	January 6 – January 27	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Thursdays</b>	February 3 – February 24	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Thursdays</b>	March 3 – March 31	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Saturdays</b>	January 8 – January 29	12:00pm --12:55pm	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	12:00pm --12:55pm	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	12:00pm --12:55pm	\$111.60*/\$124
4 weeks	<b>Sundays</b>	January 9 – January 30	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	11:00am --11:55am	\$111.60*/\$124

#### **All-Skills (Ages 10-12)**

4 weeks	<b>Sundays</b>	January 9 – January 30	12:00pm – 12:55pm	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	12:00pm – 12:55pm	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	12:00pm – 12:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	7:00pm – 7:55pm	\$139.50*/\$155
5 weeks	<b>Thursdays</b>	March 3 – March 31	7:00pm – 7:55pm	\$139.50*/\$155

## Hitting

### TOTAL PERFORMANCE HITTING (Ages 7-9)

*This 60 minute session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	5:00pm – 5:55pm	\$139.50*/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Mondays</b>	March 7 – March 28	5:00pm – 5:55pm	\$111.60*/\$124

4 weeks	<b>Saturdays</b>	January 8 – January 29	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	10:00am – 10:55am	\$111.60*/\$124

### TOTAL PERFORMANCE HITTING (Ages 10-12)

*This 60 minute session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	6:00pm – 6:55pm	\$139.50**/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Mondays</b>	March 7 – March 28	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	January 8 – January 29	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	11:00am – 11:55am	\$111.60*/\$124

### TOTAL PERFORMANCE HITTING CLASS (Ages 13+)

*This 55 minute session will cover all aspects of hitting with emphasis on timing and pitch selection. Player max: 6 per class*

4 weeks	<b>Wednesdays</b>	January 5 – January 26	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Wednesdays</b>	February 2 – February 23	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Wednesdays</b>	March 2 – March 30	6:00pm – 6:55pm	\$139.50**/\$155

## Fielding

### GOLD GLOVE DEFENSE (Ages 9-12)

*Learn all the tricks of the trade to be a great defender at all positions.*

*Glove work, footwork and throwing will be the key components of this class. Player max: 12 per class (55 minutes)*

4 weeks	<b>Thursdays</b>	January 6 – January 27	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Thursdays</b>	February 3 – February 24	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Thursdays</b>	March 3 – March 31	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Sundays</b>	January 9 – January 30	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	11:00am --11:55am	\$111.60*/\$124

## Baseball Pitching

### BASEBALL PITCHING BOOT CAMP (Ages 8-10)

*All aspects of throwing and building a pitching delivery. Player max: 12 per class (55 minutes)*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155
4 weeks	<b>Saturdays</b>	January 8 – January 29	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	11:00am – 11:55am	\$111.60*/\$124

### MIKE BERTOTTI 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: 4*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	4:00pm – 5:00pm	\$267.30*/\$297
4 weeks	<b>Tuesdays</b>	February 1 – February 22	4:00pm – 5:00pm	\$267.30*/\$297
5 weeks	<b>Tuesdays</b>	March 1 – March 29	4:00pm – 5:00pm	\$334.12*/\$371.25
4 weeks	<b>Fridays</b>	January 7 – January 28	4:00pm – 5:00pm	\$267.30*/\$297
4 weeks	<b>Fridays</b>	February 4 – February 25	4:00pm – 5:00pm	\$267.30*/\$297
4 weeks	<b>Fridays</b>	March 4 – March 25	4:00pm – 5:00pm	\$267.30*/\$297

### **MIKE BERTOTTI BASEBALL PITCHING SPL'S (Ages 13+)**

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player Max:4*

5 weeks	<b>Mondays</b>	January 3 – January 31	7:00pm – 8:00pm	\$334.12*/\$371.25
4 weeks	<b>Mondays</b>	February 7 – February 28	7:00pm – 8:00pm	\$267.30*/\$297
4 weeks	<b>Mondays</b>	March 7 – March 28	7:00pm – 8:00pm	\$267.30*/\$297
4 weeks	<b>Tuesdays</b>	January 4 – January 25	6:00pm – 7:00pm	\$267.30*/\$297
4 weeks	<b>Tuesdays</b>	February 1 – February 22	6:00pm – 7:00pm	\$267.30*/\$297
5 weeks	<b>Tuesdays</b>	March 1 – March 29	6:00pm – 7:00pm	\$334.12*/\$371.25

## ***Softball***

### **SOFTBALL HITTING (Ages 13+)**

*This session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155

### **SOFTBALL PITCHING CLASS (Ages 8-12)**

*Learn the right way the first time. Class emphasis on arm action and delivery consistency to maximize control and age appropriate speed levels. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Mondays</b>	March 7 – March 28	6:00pm – 6:55pm	\$111.60*/\$124

### **LISA BANSE SOFTBALL PITCHING SPL'S (Ages 10-12)**

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player max: 4*

4 weeks	<b>Thursdays</b>	January 6- January 27	5:00pm – 6:00pm	\$267.30*/\$297
4 weeks	<b>Thursdays</b>	February 3 – February 24	5:00pm – 6:00pm	\$267.30*/\$297
5 weeks	<b>Thursdays</b>	March 3 – March 31	5:00pm – 6:00pm	\$334.12*/\$371.25

### **LISA BANSE SOFTBALL PITCHING SPL'S (Ages 13+)**

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player max: 4*

4 weeks	<b>Thursdays</b>	January 6- January 27	6:00pm – 7:00pm	\$267.30*/\$297
4 weeks	<b>Thursdays</b>	February 3 – February 24	6:00pm – 7:00pm	\$267.30*/\$297
5 weeks	<b>Thursdays</b>	March 3 – March 31	6:00pm – 7:00pm	\$334.12*/\$371.25

## ***Catching***

### **INTRO TO CATCHING (Ages 9-12)**

*This 55 minute session will cover all aspects of the **Catcher Position**. Player max: 8 per class*

4 weeks	<b>Wednesdays</b>	January 5 – January 26	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Wednesdays</b>	February 2 – February 23	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Wednesdays</b>	March 2 – March 30	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Fridays</b>	January 7 – January 28	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Fridays</b>	February 4 – February 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Fridays</b>	March 4 – March 25	5:00pm – 5:55pm	\$111.60*/\$124

## ***Private Lessons***

### **PRIVATE LESSONS** (All Ages)

30 Minute Lesson \$49.50 \*/ \$55

60 Minute Lesson \$90 \*/ \$100

### **LESSON PACKAGE** (All Ages)

20 lessons (30 minutes) \$747\*/\$830

Pre-paid lessons are valid for one year from purchase date

### **For the COMPLETE PLAYER**

Choose your topics: *Hitting, Pitching, Catching, Fielding*

### **CREATE A 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 8 players. **\$120 per session**. Schedule your day and time; available every day.

## ***Rentals***

**30 minutes \$40.50\*/\$45**

**60 minutes \$58.50\*/\$65**

**Special TEAM Tunnel Rental \$50 / 1 hour**

**AFTER HOURS Special: FULL INDOOR SPACE \$195 for 1 hour**

Available: Monday-Saturday 8:30pm-9:30pm; Sunday 7:30pm-8:30pm

**\*Baseballs/Softballs are NOT provided\***



# **MEMBERSHIP**

## **Being a member has its perks!**

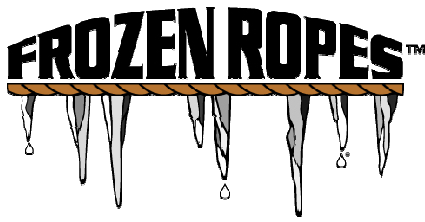
10% off classes, lessons, rentals, camps, non-sale proshop items

Free STAR tablet

Six free 30 min. tunnel rentals

Frozen Ropes National Training Center  
24 Old Black Meadow Road ♦ Chester, NY 10918  
[www.frozenropes.com/chester](http://www.frozenropes.com/chester) / email: [chester@frozenropes.com](mailto:chester@frozenropes.com)  
**(845) 469-9507**





# WINTER 2022 Baseball/Softball Schedule of Events January - March

## Academy Classes

\* indicates Member Pricing

### **FROZEN ROPES ACADEMIES (BASEBALL/SOFTBALL Ages 3-4, 5-6, 7-9, and 10-12)**

*Our academy CLASSES develop the next generation of baseball and softball players.*

*Throwing, Fielding and Hitting are the main topics. Player max: 12 per class (55 minutes)*

#### **Rookie (Ages 3-4)**

4 Weeks	<b>Wednesdays</b>	January 5 – January 26	5:00pm – 5:55pm	\$79.20*/\$88
4 weeks	<b>Wednesdays</b>	February 2 – February 23	5:00pm – 5:55pm	\$79.20*/\$88
5 weeks	<b>Wednesdays</b>	March 2 – March 30	5:00pm – 5:55pm	\$99*/\$110
4 weeks	<b>Saturdays</b>	January 8 – January 29	10:00am – 10:55am	\$79.20*/\$88
4 weeks	<b>Saturdays</b>	February 5 – February 26	10:00am – 10:55am	\$79.20*/\$88
4 weeks	<b>Saturdays</b>	March 5 – March 26	10:00am – 10:55am	\$79.20*/\$88

#### **Junior (Ages 5-6)**

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155
4 weeks	<b>Saturdays</b>	January 8 – January 29	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	January 9 – January 30	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	10:00am – 10:55am	\$111.60*/\$124

#### **Senior (Ages 7-9)**

4 weeks	<b>Tuesdays</b>	January 4 – January 25	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Thursdays</b>	January 6 – January 27	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Thursdays</b>	February 3 – February 24	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Thursdays</b>	March 3 – March 31	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Saturdays</b>	January 8 – January 29	12:00pm --12:55pm	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	12:00pm --12:55pm	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	12:00pm --12:55pm	\$111.60*/\$124
4 weeks	<b>Sundays</b>	January 9 – January 30	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	11:00am --11:55am	\$111.60*/\$124

#### **All-Skills (Ages 10-12)**

4 weeks	<b>Sundays</b>	January 9 – January 30	12:00pm – 12:55pm	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	12:00pm – 12:55pm	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	12:00pm – 12:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	7:00pm – 7:55pm	\$139.50*/\$155
5 weeks	<b>Thursdays</b>	March 3 – March 31	7:00pm – 7:55pm	\$139.50*/\$155

## Hitting

### **TOTAL PERFORMANCE HITTING** (Ages 7-9)

*This 60 minute session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	5:00pm – 5:55pm	\$139.50*/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Mondays</b>	March 7 – March 28	5:00pm – 5:55pm	\$111.60*/\$124

4 weeks	<b>Saturdays</b>	January 8 – January 29	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	10:00am – 10:55am	\$111.60*/\$124

### **TOTAL PERFORMANCE HITTING** (Ages 10-12)

*This 60 minute session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	6:00pm – 6:55pm	\$139.50**/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Mondays</b>	March 7 – March 28	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	January 8 – January 29	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	11:00am – 11:55am	\$111.60*/\$124

### **TOTAL PERFORMANCE HITTING CLASS** (Ages 13+)

*This 55 minute session will cover all aspects of hitting with emphasis on timing and pitch selection. Player max: 6 per class*

4 weeks	<b>Wednesdays</b>	January 5 – January 26	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Wednesdays</b>	February 2 – February 23	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Wednesdays</b>	March 2 – March 30	6:00pm – 6:55pm	\$139.50**/\$155

## Fielding

### **GOLD GLOVE DEFENSE** (Ages 9-12)

*Learn all the tricks of the trade to be a great defender at all positions.*

*Glove work, footwork and throwing will be the key components of this class. Player max: 12 per class (55 minutes)*

4 weeks	<b>Thursdays</b>	January 6 – January 27	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Thursdays</b>	February 3 – February 24	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Thursdays</b>	March 3 – March 31	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Sundays</b>	January 9 – January 30	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	11:00am --11:55am	\$111.60*/\$124

## Baseball Pitching

### **BASEBALL PITCHING BOOT CAMP** (Ages 8-10)

*All aspects of throwing and building a pitching delivery. Player max: 12 per class (55 minutes)*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155
4 weeks	<b>Saturdays</b>	January 8 – January 29	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	11:00am – 11:55am	\$111.60*/\$124

### **MIKE BERTOTTI 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: 4*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	4:00pm – 5:00pm	\$267.30*/\$297
4 weeks	<b>Tuesdays</b>	February 1 – February 22	4:00pm – 5:00pm	\$267.30*/\$297
5 weeks	<b>Tuesdays</b>	March 1 – March 29	4:00pm – 5:00pm	\$334.12*/\$371.25
4 weeks	<b>Fridays</b>	January 7 – January 28	4:00pm – 5:00pm	\$267.30*/\$297
4 weeks	<b>Fridays</b>	February 4 – February 25	4:00pm – 5:00pm	\$267.30*/\$297
4 weeks	<b>Fridays</b>	March 4 – March 25	4:00pm – 5:00pm	\$267.30*/\$297

### **MIKE BERTOTTI BASEBALL PITCHING SPL'S (Ages 13+)**

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player Max:4*

5 weeks	<b>Mondays</b>	January 3 – January 31	7:00pm – 8:00pm	\$334.12*/\$371.25
4 weeks	<b>Mondays</b>	February 7 – February 28	7:00pm – 8:00pm	\$267.30*/\$297
4 weeks	<b>Mondays</b>	March 7 – March 28	7:00pm – 8:00pm	\$267.30*/\$297
4 weeks	<b>Tuesdays</b>	January 4 – January 25	6:00pm – 7:00pm	\$267.30*/\$297
4 weeks	<b>Tuesdays</b>	February 1 – February 22	6:00pm – 7:00pm	\$267.30*/\$297
5 weeks	<b>Tuesdays</b>	March 1 – March 29	6:00pm – 7:00pm	\$334.12*/\$371.25

## **Softball**

### **SOFTBALL HITTING (Ages 13+)**

*This session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155

### **SOFTBALL PITCHING CLASS (Ages 8-12)**

*Learn the right way the first time. Class emphasis on arm action and delivery consistency to maximize control and age appropriate speed levels. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Mondays</b>	March 7 – March 28	6:00pm – 6:55pm	\$111.60*/\$124

### **LISA BANSE SOFTBALL PITCHING SPL'S (Ages 10-12)**

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player max: 4*

4 weeks	<b>Thursdays</b>	January 6- January 27	5:00pm – 6:00pm	\$267.30*/\$297
4 weeks	<b>Thursdays</b>	February 3 – February 24	5:00pm – 6:00pm	\$267.30*/\$297
5 weeks	<b>Thursdays</b>	March 3 – March 31	5:00pm – 6:00pm	\$334.12*/\$371.25

### **LISA BANSE SOFTBALL PITCHING SPL'S (Ages 13+)**

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player max: 4*

4 weeks	<b>Thursdays</b>	January 6- January 27	6:00pm – 7:00pm	\$267.30*/\$297
4 weeks	<b>Thursdays</b>	February 3 – February 24	6:00pm – 7:00pm	\$267.30*/\$297
5 weeks	<b>Thursdays</b>	March 3 – March 31	6:00pm – 7:00pm	\$334.12*/\$371.25

## **Catching**

### **INTRO TO CATCHING (Ages 9-12)**

*This 55 minute session will cover all aspects of the **Catcher Position**. Player max: 8 per class*

4 weeks	<b>Wednesdays</b>	January 5 – January 26	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Wednesdays</b>	February 2 – February 23	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Wednesdays</b>	March 2 – March 30	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Fridays</b>	January 7 – January 28	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Fridays</b>	February 4 – February 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Fridays</b>	March 4 – March 25	5:00pm – 5:55pm	\$111.60*/\$124

## ***Private Lessons***

### **PRIVATE LESSONS** (All Ages)

30 Minute Lesson \$49.50 \*/ \$55

60 Minute Lesson \$90 \*/ \$100

### **LESSON PACKAGE** (All Ages)

20 lessons (30 minutes) \$747\*/\$830

Pre-paid lessons are valid for one year from purchase date

### **For the COMPLETE PLAYER**

Choose your topics: *Hitting, Pitching, Catching, Fielding*

### **CREATE A 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 8 players. **\$120 per session**. Schedule your day and time; available every day.

## ***Rentals***

**30 minutes \$40.50\*/\$45**

**60 minutes \$58.50\*/\$65**

**Special TEAM Tunnel Rental \$50 / 1 hour**

**AFTER HOURS Special: FULL INDOOR SPACE \$195 for 1 hour**

Available: Monday-Saturday 8:30pm-9:30pm; Sunday 7:30pm-8:30pm

**\*Baseballs/Softballs are NOT provided\***



# **MEMBERSHIP**

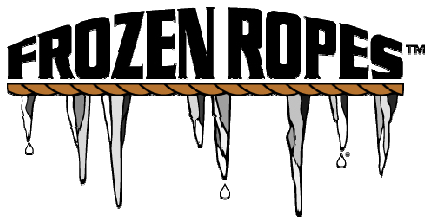
## **Being a member has its perks!**

10% off classes, lessons, rentals, camps, non-sale proshop items

Free STAR tablet

Six free 30 min. tunnel rentals

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**(845) 469-9507**



# WINTER 2022 Baseball/Softball Schedule of Events January - March

## Academy Classes

\* indicates Member Pricing

### **FROZEN ROPES ACADEMIES (BASEBALL/SOFTBALL Ages 3-4, 5-6, 7-9, and 10-12)**

*Our academy CLASSES develop the next generation of baseball and softball players.*

*Throwing, Fielding and Hitting are the main topics. Player max: 12 per class (55 minutes)*

#### **Rookie (Ages 3-4)**

4 Weeks	<b>Wednesdays</b>	January 5 – January 26	5:00pm – 5:55pm	\$79.20*/\$88
4 weeks	<b>Wednesdays</b>	February 2 – February 23	5:00pm – 5:55pm	\$79.20*/\$88
5 weeks	<b>Wednesdays</b>	March 2 – March 30	5:00pm – 5:55pm	\$99*/\$110
4 weeks	<b>Saturdays</b>	January 8 – January 29	10:00am – 10:55am	\$79.20*/\$88
4 weeks	<b>Saturdays</b>	February 5 – February 26	10:00am – 10:55am	\$79.20*/\$88
4 weeks	<b>Saturdays</b>	March 5 – March 26	10:00am – 10:55am	\$79.20*/\$88

#### **Junior (Ages 5-6)**

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155
4 weeks	<b>Saturdays</b>	January 8 – January 29	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	January 9 – January 30	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	10:00am – 10:55am	\$111.60*/\$124

#### **Senior (Ages 7-9)**

4 weeks	<b>Tuesdays</b>	January 4 – January 25	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Thursdays</b>	January 6 – January 27	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Thursdays</b>	February 3 – February 24	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Thursdays</b>	March 3 – March 31	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Saturdays</b>	January 8 – January 29	12:00pm --12:55pm	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	12:00pm --12:55pm	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	12:00pm --12:55pm	\$111.60*/\$124
4 weeks	<b>Sundays</b>	January 9 – January 30	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	11:00am --11:55am	\$111.60*/\$124

#### **All-Skills (Ages 10-12)**

4 weeks	<b>Sundays</b>	January 9 – January 30	12:00pm – 12:55pm	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	12:00pm – 12:55pm	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	12:00pm – 12:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	7:00pm – 7:55pm	\$139.50*/\$155
5 weeks	<b>Thursdays</b>	March 3 – March 31	7:00pm – 7:55pm	\$139.50*/\$155



## Hitting

### TOTAL PERFORMANCE HITTING (Ages 7-9)

*This 60 minute session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	5:00pm – 5:55pm	\$139.50*/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Mondays</b>	March 7 – March 28	5:00pm – 5:55pm	\$111.60*/\$124

4 weeks	<b>Saturdays</b>	January 8 – January 29	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	10:00am – 10:55am	\$111.60*/\$124

### TOTAL PERFORMANCE HITTING (Ages 10-12)

*This 60 minute session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	6:00pm – 6:55pm	\$139.50**/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Mondays</b>	March 7 – March 28	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	January 8 – January 29	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	11:00am – 11:55am	\$111.60*/\$124

### TOTAL PERFORMANCE HITTING CLASS (Ages 13+)

*This 55 minute session will cover all aspects of hitting with emphasis on timing and pitch selection. Player max: 6 per class*

4 weeks	<b>Wednesdays</b>	January 5 – January 26	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Wednesdays</b>	February 2 – February 23	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Wednesdays</b>	March 2 – March 30	6:00pm – 6:55pm	\$139.50**/\$155

## Fielding

### GOLD GLOVE DEFENSE (Ages 9-12)

*Learn all the tricks of the trade to be a great defender at all positions.*

*Glove work, footwork and throwing will be the key components of this class. Player max: 12 per class (55 minutes)*

4 weeks	<b>Thursdays</b>	January 6 – January 27	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Thursdays</b>	February 3 – February 24	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Thursdays</b>	March 3 – March 31	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Sundays</b>	January 9 – January 30	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	11:00am --11:55am	\$111.60*/\$124

## Baseball Pitching

### BASEBALL PITCHING BOOT CAMP (Ages 8-10)

*All aspects of throwing and building a pitching delivery. Player max: 12 per class (55 minutes)*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155
4 weeks	<b>Saturdays</b>	January 8 – January 29	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	11:00am – 11:55am	\$111.60*/\$124

### MIKE BERTOTTI 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: 4*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	4:00pm – 5:00pm	\$267.30*/\$297
4 weeks	<b>Tuesdays</b>	February 1 – February 22	4:00pm – 5:00pm	\$267.30*/\$297
5 weeks	<b>Tuesdays</b>	March 1 – March 29	4:00pm – 5:00pm	\$334.12*/\$371.25
4 weeks	<b>Fridays</b>	January 7 – January 28	4:00pm – 5:00pm	\$267.30*/\$297
4 weeks	<b>Fridays</b>	February 4 – February 25	4:00pm – 5:00pm	\$267.30*/\$297
4 weeks	<b>Fridays</b>	March 4 – March 25	4:00pm – 5:00pm	\$267.30*/\$297

### **MIKE BERTOTTI BASEBALL PITCHING SPL'S** (Ages 13+)

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player Max:4*

5 weeks	<b>Mondays</b>	January 3 – January 31	7:00pm – 8:00pm	\$334.12*/\$371.25
4 weeks	<b>Mondays</b>	February 7 – February 28	7:00pm – 8:00pm	\$267.30*/\$297
4 weeks	<b>Mondays</b>	March 7 – March 28	7:00pm – 8:00pm	\$267.30*/\$297
4 weeks	<b>Tuesdays</b>	January 4 – January 25	6:00pm – 7:00pm	\$267.30*/\$297
4 weeks	<b>Tuesdays</b>	February 1 – February 22	6:00pm – 7:00pm	\$267.30*/\$297
5 weeks	<b>Tuesdays</b>	March 1 – March 29	6:00pm – 7:00pm	\$334.12*/\$371.25

## ***Softball***

### **SOFTBALL HITTING** (Ages 13+)

*This session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155

### **SOFTBALL PITCHING CLASS** (Ages 8-12)

*Learn the right way the first time. Class emphasis on arm action and delivery consistency to maximize control and age appropriate speed levels. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Mondays</b>	March 7 – March 28	6:00pm – 6:55pm	\$111.60*/\$124

### **LISA BANSE SOFTBALL PITCHING SPL'S** (Ages 10-12)

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player max: 4*

4 weeks	<b>Thursdays</b>	January 6- January 27	5:00pm – 6:00pm	\$267.30*/\$297
4 weeks	<b>Thursdays</b>	February 3 – February 24	5:00pm – 6:00pm	\$267.30*/\$297
5 weeks	<b>Thursdays</b>	March 3 – March 31	5:00pm – 6:00pm	\$334.12*/\$371.25

### **LISA BANSE SOFTBALL PITCHING SPL'S** (Ages 13+)

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player max: 4*

4 weeks	<b>Thursdays</b>	January 6- January 27	6:00pm – 7:00pm	\$267.30*/\$297
4 weeks	<b>Thursdays</b>	February 3 – February 24	6:00pm – 7:00pm	\$267.30*/\$297
5 weeks	<b>Thursdays</b>	March 3 – March 31	6:00pm – 7:00pm	\$334.12*/\$371.25

## ***Catching***

### **INTRO TO CATCHING** (Ages 9-12)

*This 55 minute session will cover all aspects of the **Catcher Position**. Player max: 8 per class*

4 weeks	<b>Wednesdays</b>	January 5 – January 26	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Wednesdays</b>	February 2 – February 23	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Wednesdays</b>	March 2 – March 30	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Fridays</b>	January 7 – January 28	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Fridays</b>	February 4 – February 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Fridays</b>	March 4 – March 25	5:00pm – 5:55pm	\$111.60*/\$124

## ***Private Lessons***

### **PRIVATE LESSONS** (All Ages)

30 Minute Lesson \$49.50 \*/ \$55

60 Minute Lesson \$90 \*/ \$100

### **LESSON PACKAGE** (All Ages)

20 lessons (30 minutes) \$747\*/\$830

Pre-paid lessons are valid for one year from purchase date

### **For the COMPLETE PLAYER**

Choose your topics: *Hitting, Pitching, Catching, Fielding*

### **CREATE A 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 8 players. **\$120 per session**. Schedule your day and time; available every day.

## ***Rentals***

**30 minutes \$40.50\*/\$45      60 minutes \$58.50\*/\$65**

**Special TEAM Tunnel Rental \$50 / 1 hour**

**AFTER HOURS Special: FULL INDOOR SPACE \$195 for 1 hour**

Available: Monday-Saturday 8:30pm-9:30pm; Sunday 7:30pm-8:30pm

**\*Baseballs/Softballs are NOT provided\***



# **MEMBERSHIP**

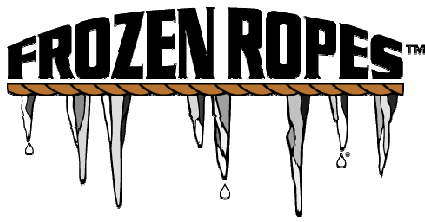
## **Being a member has its perks!**

10% off classes, lessons, rentals, camps, non-sale proshop items

Free STAR tablet

Six free 30 min. tunnel rentals

Frozen Ropes National Training Center  
24 Old Black Meadow Road ♦ Chester, NY 10918  
[www.frozenropes.com/chester](http://www.frozenropes.com/chester) / email: [chester@frozenropes.com](mailto:chester@frozenropes.com)  
**(845) 469-9507**



# WINTER 2022 Baseball/Softball Schedule of Events January - March

## Academy Classes

\* indicates Member Pricing

### **FROZEN ROPES ACADEMIES (BASEBALL/SOFTBALL Ages 3-4, 5-6, 7-9, and 10-12)**

*Our academy CLASSES develop the next generation of baseball and softball players.*

*Throwing, Fielding and Hitting are the main topics. Player max: 12 per class (55 minutes)*

#### **Rookie (Ages 3-4)**

4 Weeks	<b>Wednesdays</b>	January 5 – January 26	5:00pm – 5:55pm	\$79.20*/\$88
4 weeks	<b>Wednesdays</b>	February 2 – February 23	5:00pm – 5:55pm	\$79.20*/\$88
5 weeks	<b>Wednesdays</b>	March 2 – March 30	5:00pm – 5:55pm	\$99*/\$110
4 weeks	<b>Saturdays</b>	January 8 – January 29	10:00am – 10:55am	\$79.20*/\$88
4 weeks	<b>Saturdays</b>	February 5 – February 26	10:00am – 10:55am	\$79.20*/\$88
4 weeks	<b>Saturdays</b>	March 5 – March 26	10:00am – 10:55am	\$79.20*/\$88

#### **Junior (Ages 5-6)**

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155
4 weeks	<b>Saturdays</b>	January 8 – January 29	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	January 9 – January 30	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	10:00am – 10:55am	\$111.60*/\$124

#### **Senior (Ages 7-9)**

4 weeks	<b>Tuesdays</b>	January 4 – January 25	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Thursdays</b>	January 6 – January 27	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Thursdays</b>	February 3 – February 24	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Thursdays</b>	March 3 – March 31	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Saturdays</b>	January 8 – January 29	12:00pm --12:55pm	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	12:00pm --12:55pm	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	12:00pm --12:55pm	\$111.60*/\$124
4 weeks	<b>Sundays</b>	January 9 – January 30	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	11:00am --11:55am	\$111.60*/\$124

#### **All-Skills (Ages 10-12)**

4 weeks	<b>Sundays</b>	January 9 – January 30	12:00pm – 12:55pm	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	12:00pm – 12:55pm	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	12:00pm – 12:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	7:00pm – 7:55pm	\$139.50*/\$155
5 weeks	<b>Thursdays</b>	March 3 – March 31	7:00pm – 7:55pm	\$139.50*/\$155

## Hitting

### **TOTAL PERFORMANCE HITTING** (Ages 7-9)

*This 60 minute session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	5:00pm – 5:55pm	\$139.50*/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Mondays</b>	March 7 – March 28	5:00pm – 5:55pm	\$111.60*/\$124

4 weeks	<b>Saturdays</b>	January 8 – January 29	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	10:00am – 10:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	10:00am – 10:55am	\$111.60*/\$124

### **TOTAL PERFORMANCE HITTING** (Ages 10-12)

*This 60 minute session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	6:00pm – 6:55pm	\$139.50**/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Mondays</b>	March 7 – March 28	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	January 8 – January 29	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	11:00am – 11:55am	\$111.60*/\$124

### **TOTAL PERFORMANCE HITTING CLASS** (Ages 13+)

*This 55 minute session will cover all aspects of hitting with emphasis on timing and pitch selection. Player max: 6 per class*

4 weeks	<b>Wednesdays</b>	January 5 – January 26	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Wednesdays</b>	February 2 – February 23	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Wednesdays</b>	March 2 – March 30	6:00pm – 6:55pm	\$139.50**/\$155

## Fielding

### **GOLD GLOVE DEFENSE** (Ages 9-12)

*Learn all the tricks of the trade to be a great defender at all positions.*

*Glove work, footwork and throwing will be the key components of this class. Player max: 12 per class (55 minutes)*

4 weeks	<b>Thursdays</b>	January 6 – January 27	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Thursdays</b>	February 3 – February 24	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Thursdays</b>	March 3 – March 31	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Sundays</b>	January 9 – January 30	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	February 6 – February 27	11:00am --11:55am	\$111.60*/\$124
4 weeks	<b>Sundays</b>	March 6 – March 27	11:00am --11:55am	\$111.60*/\$124

## Baseball Pitching

### **BASEBALL PITCHING BOOT CAMP** (Ages 8-10)

*All aspects of throwing and building a pitching delivery. Player max: 12 per class (55 minutes)*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155
4 weeks	<b>Saturdays</b>	January 8 – January 29	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	February 5 – February 26	11:00am – 11:55am	\$111.60*/\$124
4 weeks	<b>Saturdays</b>	March 5 – March 26	11:00am – 11:55am	\$111.60*/\$124

### **MIKE BERTOTTI 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: 4*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	4:00pm – 5:00pm	\$267.30*/\$297
4 weeks	<b>Tuesdays</b>	February 1 – February 22	4:00pm – 5:00pm	\$267.30*/\$297
5 weeks	<b>Tuesdays</b>	March 1 – March 29	4:00pm – 5:00pm	\$334.12*/\$371.25
4 weeks	<b>Fridays</b>	January 7 – January 28	4:00pm – 5:00pm	\$267.30*/\$297
4 weeks	<b>Fridays</b>	February 4 – February 25	4:00pm – 5:00pm	\$267.30*/\$297
4 weeks	<b>Fridays</b>	March 4 – March 25	4:00pm – 5:00pm	\$267.30*/\$297



### **MIKE BERTOTTI BASEBALL PITCHING SPL'S (Ages 13+)**

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player Max:4*

5 weeks	<b>Mondays</b>	January 3 – January 31	7:00pm – 8:00pm	\$334.12*/\$371.25
4 weeks	<b>Mondays</b>	February 7 – February 28	7:00pm – 8:00pm	\$267.30*/\$297
4 weeks	<b>Mondays</b>	March 7 – March 28	7:00pm – 8:00pm	\$267.30*/\$297
4 weeks	<b>Tuesdays</b>	January 4 – January 25	6:00pm – 7:00pm	\$267.30*/\$297
4 weeks	<b>Tuesdays</b>	February 1 – February 22	6:00pm – 7:00pm	\$267.30*/\$297
5 weeks	<b>Tuesdays</b>	March 1 – March 29	6:00pm – 7:00pm	\$334.12*/\$371.25

## **Softball**

### **SOFTBALL HITTING (Ages 13+)**

*This session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 12 per class (55 minutes)*

4 weeks	<b>Tuesdays</b>	January 4 – January 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Tuesdays</b>	February 1 – February 22	5:00pm – 5:55pm	\$111.60*/\$124
5 weeks	<b>Tuesdays</b>	March 1 – March 29	5:00pm – 5:55pm	\$139.50*/\$155

### **SOFTBALL PITCHING CLASS (Ages 8-12)**

*Learn the right way the first time. Class emphasis on arm action and delivery consistency to maximize control and age appropriate speed levels. Player max: 12 per class (55 minutes)*

5 weeks	<b>Mondays</b>	January 3 – January 31	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Mondays</b>	February 7 – February 28	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Mondays</b>	March 7 – March 28	6:00pm – 6:55pm	\$111.60*/\$124

### **LISA BANSE SOFTBALL PITCHING SPL'S (Ages 10-12)**

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player max: 4*

4 weeks	<b>Thursdays</b>	January 6- January 27	5:00pm – 6:00pm	\$267.30*/\$297
4 weeks	<b>Thursdays</b>	February 3 – February 24	5:00pm – 6:00pm	\$267.30*/\$297
5 weeks	<b>Thursdays</b>	March 3 – March 31	5:00pm – 6:00pm	\$334.12*/\$371.25

### **LISA BANSE SOFTBALL PITCHING SPL'S (Ages 13+)**

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player max: 4*

4 weeks	<b>Thursdays</b>	January 6- January 27	6:00pm – 7:00pm	\$267.30*/\$297
4 weeks	<b>Thursdays</b>	February 3 – February 24	6:00pm – 7:00pm	\$267.30*/\$297
5 weeks	<b>Thursdays</b>	March 3 – March 31	6:00pm – 7:00pm	\$334.12*/\$371.25

## **Catching**

### **INTRO TO CATCHING (Ages 9-12)**

*This 55 minute session will cover all aspects of the **Catcher Position**. Player max: 8 per class*

4 weeks	<b>Wednesdays</b>	January 5 – January 26	6:00pm – 6:55pm	\$111.60*/\$124
4 weeks	<b>Wednesdays</b>	February 2 – February 23	6:00pm – 6:55pm	\$111.60*/\$124
5 weeks	<b>Wednesdays</b>	March 2 – March 30	6:00pm – 6:55pm	\$139.50*/\$155
4 weeks	<b>Fridays</b>	January 7 – January 28	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Fridays</b>	February 4 – February 25	5:00pm – 5:55pm	\$111.60*/\$124
4 weeks	<b>Fridays</b>	March 4 – March 25	5:00pm – 5:55pm	\$111.60*/\$124

## ***Private Lessons***

### **PRIVATE LESSONS** (All Ages)

30 Minute Lesson \$49.50 \*/ \$55

60 Minute Lesson \$90 \*/ \$100

### **LESSON PACKAGE** (All Ages)

20 lessons (30 minutes) \$747\*/\$830

Pre-paid lessons are valid for one year from purchase date

### **For the COMPLETE PLAYER**

Choose your topics: *Hitting, Pitching, Catching, Fielding*

### **CREATE A 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 8 players. **\$120 per session**. Schedule your day and time; available every day.

## ***Rentals***

**30 minutes \$40.50\*/\$45      60 minutes \$58.50\*/\$65**

**Special TEAM Tunnel Rental \$50 / 1 hour**

**AFTER HOURS Special: FULL INDOOR SPACE \$195 for 1 hour**

Available: Monday-Saturday 8:30pm-9:30pm; Sunday 7:30pm-8:30pm

**\*Baseballs/Softballs are NOT provided\***



# **MEMBERSHIP**

## **Being a member has its perks!**

10% off classes, lessons, rentals, camps, non-sale proshop items

Free STAR tablet

Six free 30 min. tunnel rentals

Frozen Ropes National Training Center  
24 Old Black Meadow Road ♦ Chester, NY 10918  
[www.frozenropes.com/chester](http://www.frozenropes.com/chester) / email: [chester@frozenropes.com](mailto:chester@frozenropes.com)  
**(845) 469-9507**