

FROZEN ROPES

WINTER 2024

Baseball & Softball Schedule of Events

January - March

Two options to save dollars + receive FREE services!
Membership Has Its Privileges

SILVER

- 10% discount on all lessons, classes, camps, rentals
- 1 free 30 minute individual lesson
- 5 FREE hitting tunnel rentals (30 minutes)
- And much more!

\$150 ANNUALLY

GOLD

- 15% discount on lessons, classes, camps, rentals
- 6 FREE hitting tunnel rentals (30 minutes)
- 2 FREE individual lessons (30 minutes)
- And much more!

\$250 ANNUALLY

**All prices are shown before member discounts*

Not a member? Contact us for more info or to purchase

Born to Play (ages 3-4)

Born to Play introduces your son or daughter to baseball and softball in a learning environment!

\$96 per session. Scan the QR Code for more information.



<u>Tuesdays 10am - 10:50am</u>	<u>Thursdays 12pm - 12:50pm</u>	<u>Saturdays 11am - 11:50am</u>
Session 1: Nov. 7, 14, 21, 28	Session 6: Nov. 2, 9, 16, 30	Session 11: Nov. 18, 25, Dec. 2, 9
Session 2: Dec. 5, 12, 19, Jan. 2	Session 7: Dec. 7, 14, 21, Jan. 4	Session 12: Dec. 16, 23, Jan. 6, 13
Session 3: Jan. 9, 16, 23, 30	Session 8: Jan. 11, 18, 25, Feb. 1	Session 13: Jan. 20, 27, Feb. 3, 10
Session 4: Feb. 6, 13, 20, 27	Session 9: Feb. 8, 15, 22, 29	Session 14: Feb. 17, 24, Mar. 2, 9
Session 5: Mar. 5, 12, 19, 26	Session 10: Mar. 7, 14, 21, 28	

Academy Classes

BASEBALL/SOFTBALL

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

Rookie (Ages 5-6)

4 weeks	Saturdays	January 6 – January 27	11:00am --11:55am	\$124*
4 weeks	Saturdays	February 3 – February 24	11:00am --11:55am	\$124*
5 weeks	Saturdays	March 2 – March 30	11:00am --11:55am	\$155*
4 weeks	Sundays	January 7 – January 28	10:00am – 10:55am	\$124*
4 weeks	Sundays	February 4 – February 25	10:00am – 10:55am	\$124*
4 weeks	Sundays	March 3 – March 24	10:00am – 10:55am	\$124*

Junior (Ages 7-9)

5 weeks	Tuesdays	January 2 – January 30	6:00pm – 6:55pm	\$155*
4 weeks	Tuesdays	February 6 – February 27	6:00pm – 6:55pm	\$124*
4 weeks	Tuesdays	March 5 – March 26	6:00pm – 6:55pm	\$124*
4 weeks	Thursdays	January 4 – January 25	6:00pm – 6:55pm	\$124*
5 weeks	Thursdays	February 1 – February 29	6:00pm – 6:55pm	\$155*
4 weeks	Thursdays	March 7 – March 28	6:00pm – 6:55pm	\$124*
3 weeks	Saturdays	January 6, 13, 27	12:00pm --12:55pm	\$93*
4 weeks	Saturdays	February 3 – February 24	12:00pm --12:55pm	\$124*
4 weeks	Saturdays	March 2 – March 23	12:00pm --12:55pm	\$124*
4 weeks	Sundays	January 7 – January 28	11:00am --11:55am	\$124*
4 weeks	Sundays	February 4 – February 25	11:00am --11:55am	\$124*
4 weeks	Sundays	March 3 – March 24	11:00am --11:55am	\$124*

Senior (Ages 10-12)

4 weeks	Sundays	January 7 – January 28	12:00pm – 12:55pm	\$124*
4 weeks	Sundays	February 4 – February 25	12:00pm – 12:55pm	\$124*
4 weeks	Sundays	March 3 – March 24	12:00pm – 12:55pm	\$124*
4 weeks	Thursdays	January 4 – January 25	7:00pm – 7:55pm	\$124*
5 weeks	Thursdays	February 1 – February 29	7:00pm – 7:55pm	\$155*
4 weeks	Thursdays	March 7 – March 28	7:00pm – 7:55pm	\$124*

Hitting

TOTAL PERFORMANCE HITTING (Ages 8-12)

This 60 minute session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 8 per class (55 minutes)

4 weeks	Mondays	January 8 – January 29	5:00pm – 5:55pm	\$124*
4 weeks	Mondays	February 5 – February 26	5:00pm – 5:55pm	\$124*
4 weeks	Mondays	March 4 – March 25	5:00pm – 5:55pm	\$124*
4 weeks	Saturdays	January 6 – January 27	10:00am – 10:55am	\$124*
4 weeks	Saturdays	February 3 – February 24	10:00am – 10:55am	\$124*
4 weeks	Saturdays	March 2 – March 23	10:00am – 10:55am	\$124*
4 weeks	Sundays	January 7 – January 28	12:00pm – 12:55pm	\$124*
4 weeks	Sundays	February 4 – February 25	12:00pm – 12:55pm	\$124*
4 weeks	Sundays	March 3 – March 24	12:00pm – 12:55pm	\$124*

TOTAL PERFORMANCE HITTING (Ages 13+)

This 60 minute session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 8 per class (55 minutes)

4 weeks	Mondays	January 8 – January 29	6:00pm – 6:55pm	\$124*
4 weeks	Mondays	February 5 – February 26	6:00pm – 6:55pm	\$124*
4 weeks	Mondays	March 4 – March 25	6:00pm – 6:55pm	\$124*
4 weeks	Saturdays	January 6 – January 27	11:00am – 11:55am	\$124*
4 weeks	Saturdays	February 3 – February 24	11:00am – 11:55am	\$124*
4 weeks	Saturdays	March 2 – March 23	11:00am – 11:55am	\$124*
4 weeks	Sundays	January 7 – January 28	1:00pm – 1:55pm	\$124*
4 weeks	Sundays	February 4 – February 25	1:00pm – 1:55pm	\$124*
4 weeks	Sundays	March 3 – March 24	1:00pm – 1:55pm	\$124*

The Hit Lab

Movement & Performance Training featuring the latest technology and tools in the industry. More Impact & Less Misses!

Player max: 10 per session (90 minutes) Ages 10+. Sessions meet every Monday & Wednesday. \$250 per session.

Scan the QR Code for more information.



January	February	March
Mondays 5:00pm - 6:30pm	Mondays 5:00pm - 6:30pm	Mondays 5:00pm - 6:30pm
Wednesdays 6:00pm - 7:30pm	Wednesdays 6:00pm - 7:30pm	Wednesdays 6:00pm - 7:30pm

Fielding

GOLD GLOVE DEFENSE (Ages 7-12)

Glove work, footwork and throwing will be the key components of this class. Player max: 8 per class (55 minutes)

4 weeks	Sundays	January 7 – January 28	11:00am --11:55am	\$124*
4 weeks	Sundays	February 4 – February 25	11:00am --11:55am	\$124*
4 weeks	Sundays	March 3 – March 24	11:00am --11:55am	\$124*

Baseball Pitching

BASEBALL PITCHING BOOT CAMP (Ages 7-12)

All aspects of throwing and building a pitching delivery. Player max: 8 per class (55 minutes)

5 weeks	Tuesdays	January 2 – January 30	5:00pm – 5:55pm	\$155*
4 weeks	Tuesdays	February 6 – February 27	5:00pm – 5:55pm	\$124*
4 weeks	Tuesdays	March 5 – March 26	5:00pm – 5:55pm	\$124*
3 weeks	Saturdays	January 6, 13, 27	12:00pm – 12:55pm	\$93*
4 weeks	Saturdays	February 3 – February 24	12:00pm – 12:55pm	\$124*
4 weeks	Saturdays	March 2 – March 23	12:00pm – 12:55pm	\$124*

MIKE BERTOTTI BASEBALL PITCHING SPL'S (Ages 7-12)

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

4 weeks	Fridays	January 5 – January 26	4:00pm – 5:00pm	\$297*
4 weeks	Fridays	February 2 – February 23	4:00pm – 5:00pm	\$297*
5 weeks	Fridays	March 1 – March 29	4:00pm – 5:00pm	\$371.25*

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	Mondays	January 8 – January 29	7:00pm – 8:00pm	\$371.25*
4 weeks	Mondays	February 5 – February 26	7:00pm – 8:00pm	\$297*
4 weeks	Mondays	March 4 – March 25	7:00pm – 8:00pm	\$297*
5 weeks	Tuesdays	January 2 – January 30	6:00pm – 7:00pm	\$371.25*
4 weeks	Tuesdays	February 6 – February 27	6:00pm – 7:00pm	\$297*
4 weeks	Tuesdays	March 5 – March 26	6:00pm – 7:00pm	\$297*

The K Lab

A Must For The Next Generation Of Pitchers! Player max: 10 per session (90 minutes) Ages 12+.

Sessions meet every Tuesday & Thursday. \$250 per session. Scan the QR Code for more information.



January	February	March
Tuesdays 6:00pm - 7:30pm	Tuesdays 6:00pm - 7:30pm	Tuesdays 6:00pm - 7:30pm
Thursdays 6:00pm - 7:30pm	Thursdays 6:00pm - 7:30pm	Thursdays 6:00pm - 7:30pm

Softball

SOFTBALL HITTING (Ages 8-12)

This session covers all aspects of hitting with emphasis on set up, timing and power. Player max: 8 per class (55 minutes)

5 weeks	Tuesdays	January 2 – January 30	5:00pm – 5:55pm	\$155*
4 weeks	Tuesdays	February 6 – February 27	5:00pm – 5:55pm	\$124*
4 weeks	Tuesdays	March 5 – March 26	5:00pm – 5:55pm	\$124*

SOFTBALL PITCHING CLASS (Ages 8-12)

Class emphasis on arm action and delivery consistency to maximize control and age appropriate speed levels. Player max: 8 per class (55 minutes)

4 weeks	Mondays	January 8 – January 29	6:00pm – 6:55pm	\$124*
4 weeks	Mondays	February 5 – February 26	6:00pm – 6:55pm	\$124*
4 weeks	Mondays	March 4 – March 25	6:00pm – 6:55pm	\$124*

Individual Lessons

INDIVIDUAL LESSONS (All Ages)

30 Minute Lesson \$55*
60 Minute Lesson \$100*

LESSON PACKAGES (All Ages)

SAVE 10% 10 lessons (30 minutes) \$495*
SAVE 15% 20 lessons (30 minutes) \$935*

Lessons offered 7 days a week. Call to book your lesson today.

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

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. \$140 per session. Schedule your day and time; available every day.

Tunnel Rentals

30 minutes \$45*

60 minutes \$65*

20 Rentals (30 mins) Package: \$500

Baseballs/Softballs are NOT provided

Birthday Parties

The ULTIMATE destination for your child's sports party!

You pick the activities and we guarantee a perfect celebration!

Starting at \$250

Scan the QR Code for more information.

