

FROZEN ROPES

Baseball & Softball Program Schedule

Spring 2024: April - June

Academy Classes

* Prices shown are before Member Discount is applied

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

5 weeks	Tuesdays	April 2 – April 30	5:00pm – 5:55pm	\$155*
4 weeks	Tuesdays	May 7 – May 28	5:00pm – 5:55pm	\$124*
4 weeks	Saturdays	April 6 – April 27	11:00am – 11:55am	\$124*
4 weeks	Saturdays	May 4 – May 25	11:00am – 11:55am	\$124*
5 weeks	Saturdays	June 1 – June 29	11:00am – 11:55am	\$155*

Junior (Ages 7-9)

4 weeks	Sundays	April 7 – April 28	10:00am – 10:55am	\$124*
4 weeks	Sundays	May 5 – May 26	10:00am – 10:55am	\$124*
5 weeks	Sundays	June 2 – June 30	10:00am – 10:55am	\$155*
4 Weeks	Wednesdays	April 3 – April 24	5:00pm – 5:55pm	\$124*
5 weeks	Wednesdays	May 1 – May 29	5:00pm – 5:55pm	\$155*
4 weeks	Wednesdays	June 5 – June 26	5:00pm – 5:55pm	\$124*
4 weeks	Fridays	April 5 – April 26	6:00pm – 6:55pm	\$124*
5 weeks	Fridays	May 3 – May 31	6:00pm – 6:55pm	\$155*
4 weeks	Fridays	June 7 – June 28	6:00pm – 6:55pm	\$124*

Senior (Ages 10-12)

4 Weeks	Wednesdays	April 3 – April 24	6:00pm – 6:55pm	\$124*
5 weeks	Wednesdays	May 1 – May 29	6:00pm – 6:55pm	\$155*
4 weeks	Wednesdays	June 5 – June 26	6:00pm – 6:55pm	\$124*
4 weeks	Saturdays	April 6 – April 27	10:00am – 10:55am	\$124*
4 weeks	Saturdays	May 4 – May 25	10:00am – 10:55am	\$124*
5 weeks	Saturdays	June 1 – June 29	10:00am – 10:55am	\$155*

Hitting

* Prices shown are before Member Discount is applied

The Hit Lab (Ages 7-12)

Movement & Performance Training featuring the latest technology and tools in the industry. More impact & less misses!
Player max: 10 per session (75 minutes).

5 weeks	Tuesdays	April 2 – April 30	6:00pm – 7:15pm	\$155*
4 weeks	Tuesdays	May 7 – May 28	6:00pm – 7:15pm	\$124*
4 weeks	Tuesdays	June 4 – June 25	6:00pm – 7:15pm	\$124*
4 weeks	Saturdays	April 6 – April 27	12:00pm – 1:15pm	\$124*
4 weeks	Saturdays	May 4 – May 25	12:00pm – 1:15pm	\$124*
5 weeks	Saturdays	June 1 – June 29	12:00pm – 1:15pm	\$155*

TOTAL PERFORMANCE HITTING (Ages 7-9)

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

4 weeks	Mondays	April 8 – April 29	6:00pm – 6:55pm	\$124*
3 weeks	Mondays	May 6 – May 20	6:00pm – 6:55pm	\$93*
4 weeks	Mondays	June 3 – June 24	6:00pm – 6:55pm	\$124*
4 weeks	Fridays	April 5 – April 26	5:00pm – 5:55pm	\$124*
5 weeks	Fridays	May 3 – May 31	5:00pm – 5:55pm	\$155*

TOTAL PERFORMANCE HITTING (Ages 10-12)

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

4 weeks	Mondays	April 8 – April 29	7:00pm – 7:55pm	\$124*
3 weeks	Mondays	May 6 – May 20	7:00pm – 7:55pm	\$93*
4 weeks	Mondays	June 3 – June 24	7:00pm – 7:55pm	\$124*
4 weeks	Thursdays	April 4 – April 25	7:00pm – 7:55pm	\$124*
5 weeks	Thursdays	May 2 – May 30	7:00pm – 7:55pm	\$155*

Baseball PITCHING

The K Lab (Ages 7-12)

A Must for the Next Generation of Pitchers! Player max: 10 per session (75 minutes)

4 weeks	Sundays	April 7 – April 28	11:00am – 12:15pm	\$124*
4 weeks	Sundays	May 5 – May 26	11:00am – 12:15pm	\$124*
5 weeks	Sundays	June 2 – June 30	11:00am – 12:15pm	\$155*
4 weeks	Wednesdays	April 3 – April 24	7:00pm – 8:15pm	\$124*
5 weeks	Wednesdays	May 1 – May 29	7:00pm – 8:15pm	\$155*
4 weeks	Wednesdays	June 5 – June 26	7:00pm – 8:15pm	\$124*

6U Young Guns Development Team

Designed to prepare players for Little League & Travel ball. \$395: Hat & Shirt Included

Monthly Skills & Strength evaluation to chart progress. Spring gameplay 6v6.

Practices held every Thursday from 6-7pm from April through the end of June.

Call to schedule a private tryout!

Softball PITCHING

* Prices shown are before Member Discount is applied

SOFTBALL PITCHING CLASS (Ages 9-12)

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: 8 per class (55 minutes)

4 weeks	Mondays	April 8 – April 29	5:00pm – 5:55pm	\$124*
3 weeks	Mondays	May 6 – May 20	5:00pm – 5:55pm	\$93*
4 weeks	Mondays	June 3 – June 24	5:00pm – 5:55pm	\$124*

Private Lessons

* Prices shown are before Member Discount is applied

PRIVATE 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

Tunnel Rentals

30 minutes \$45*

60 minutes \$65*

20 Rentals (30 mins) Package: \$500

*Baseballs/Softballs are NOT provided

Group Training

Group Instruction allows you to choose the topic, the day & time, and who is in your group!

\$140* per session / 1 Hour Sessions

Max of 6 players (minimum of 3)

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.



Register online, visit or Call (845) 469-9507

Membership Has Its Privileges

Two options to save dollars + receive FREE services!

SILVER

- 10% discount on all lessons, classes, camps, rentals
- 1 free individual lesson
- 5 free hitting tunnel rentals
- And much more!

\$150 ANNUALLY

GOLD

- 15% discount on lessons, classes, camps, rentals
- 6 free hitting tunnel rentals
- 2 free individual lessons
- And much more!

\$250 ANNUALLY

2024 SUMMER CAMP

ALL SPORT - BASEBALL - SOFTBALL

Full Day OR Half Day options available

Register by March 31st and **SAVE \$75 per week** (full day/full week)

Register by April 30th and **SAVE \$50 per week**

Register by May 31st and **SAVE \$25 per week**



Scan QR Code for more information

Register online, visit or **CALL (845) 469-9507**