

FROZEN ROPES

2025 Baseball/Softball Schedule of Events SEPTEMBER - DECEMBER

NO CLASSES on Thanksgiving, Christmas Eve or Christmas Day

Academy Classes

Prices shown are before member discount applied

Our co-ed Academy classes will develop the next generation of baseball and softball players. Throwing, Fielding and Hitting are the main themes. **Player Max: 12 per session**

Rookie (Ages 4-6)

4 weeks	Sundays	September 7 - September 28	11:00am - 12:00pm	\$148
4 weeks	Sundays	October 5 - October 26	11:00am - 12:00pm	\$148
5 weeks	Sundays	November 2 - November 30	11:00am - 12:00pm	\$185
4 weeks	Sundays	December 7 - December 28	11:00am - 12:00pm	\$148
4 weeks	Tuesdays	September 9 - September 30	5:00pm - 6:00pm	\$148
4 weeks	Tuesdays	October 7 - October 28	5:00pm - 6:00pm	\$148
4 weeks	Tuesdays	November 4 - November 25	5:00pm - 6:00pm	\$148
5 weeks	Tuesdays	December 2 - December 30	5:00pm - 6:00pm	\$185
3 weeks	Fridays	September 12 - September 26	5:00pm - 6:00pm	\$111
4 weeks	Fridays	October 3 - October 24	5:00pm - 6:00pm	\$148
4 weeks	Fridays	November 7 - November 28	5:00pm - 6:00pm	\$148
4 weeks	Fridays	December 5 - December 26	5:00pm - 6:00pm	\$148

Junior (Ages 7-9)

4 weeks	Sundays	September 7 - September 28	12:00pm - 1:00pm	\$148
4 weeks	Sundays	October 5 - October 26	12:00pm - 1:00pm	\$148
5 weeks	Sundays	November 2 - November 30	12:00pm - 1:00pm	\$185
4 weeks	Sundays	December 7 - December 28	12:00pm - 1:00pm	\$148
4 weeks	Tuesdays	September 9 - September 30	6:00pm - 7:00pm	\$148
4 weeks	Tuesdays	October 7 - October 28	6:00pm - 7:00pm	\$148
4 weeks	Tuesdays	November 4 - November 25	6:00pm - 7:00pm	\$148
5 weeks	Tuesdays	December 2 - December 30	6:00pm - 7:00pm	\$185
3 weeks	Fridays	September 12 - September 26	6:00pm - 7:00pm	\$111
4 weeks	Fridays	October 3 - October 24	6:00pm - 7:00pm	\$148
4 weeks	Fridays	November 7 - November 28	6:00pm - 7:00pm	\$148
4 weeks	Fridays	December 5 - December 26	6:00pm - 7:00pm	\$148

Senior (Ages 10-12)

4 weeks	Sundays	September 7 - September 28	1:00pm - 2:00pm	\$148
4 weeks	Sundays	October 5 - October 26	1:00pm - 2:00pm	\$148
5 weeks	Sundays	November 2 - November 30	1:00pm - 2:00pm	\$185
4 weeks	Sundays	December 7 - December 28	1:00pm - 2:00pm	\$148

Senior (Ages 10-12)

4 weeks	Tuesdays	September 9 - September 30	7:00pm - 8:00pm	\$148
4 weeks	Tuesdays	October 7 - October 28	7:00pm - 8:00pm	\$148
4 weeks	Tuesdays	November 4 - November 25	7:00pm - 8:00pm	\$148
5 weeks	Tuesdays	December 2 - December 30	7:00pm - 8:00pm	\$185
3 weeks	Fridays	September 12 - September 26	7:00pm - 8:00pm	\$111
4 weeks	Fridays	October 3 - October 24	7:00pm - 8:00pm	\$148
4 weeks	Fridays	November 7 - November 28	7:00pm - 8:00pm	\$148
4 weeks	Fridays	December 5 - December 26	7:00pm - 8:00pm	\$148

Born to Play**Born to Play | (Ages 3-4)**

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

Areas of focus include: Agility & Body Control, Throwing, Catching, Hitting & Fielding skills.

4 weeks	Mondays	September 8 - September 29	10:00am - 11:00am	\$96
3 weeks	Mondays	October 6, 20, 27	10:00am - 11:00am	\$72
4 weeks	Mondays	November 3 - November 24	10:00am - 11:00am	\$96
5 weeks	Mondays	December 1 - December 29	10:00am - 11:00am	\$120
3 weeks	Wednesdays	September 10 - September 24	11:00am - 12:00pm	\$72
5 weeks	Wednesdays	October 1 - October 29	11:00am - 12:00pm	\$120
4 weeks	Wednesdays	November 5 - November 26	11:00am - 12:00pm	\$96
3 weeks	Wednesdays	December 3 - December 17	11:00am - 12:00pm	\$72
3 weeks	Saturdays	September 13 - September 27	11:00am - 12:00pm	\$72
4 weeks	Saturdays	October 4 - October 25	11:00am - 12:00pm	\$96
5 weeks	Saturdays	November 1 - November 29	11:00am - 12:00pm	\$120
4 weeks	Saturdays	December 6 - December 27	11:00am - 12:00pm	\$196

Hitting**Total Performance Hitting | (Ages: 7+) Player max: 12 per session**

This 60 minute CO-ED session will cover all aspects of hitting including strength training to improve power.

4 weeks	Sundays	September 7 - September 28	2:00pm – 3:00pm	\$148
4 weeks	Sundays	October 5 - October 26	2:00pm – 3:00pm	\$148
5 weeks	Sundays	November 2 - November 30	2:00pm – 3:00pm	\$185
4 weeks	Sundays	December 7 - December 28	2:00pm – 3:00pm	\$148
3 weeks	Thursdays	September 11 - September 25	6:00pm – 7:00pm	\$111
5 weeks	Thursdays	October 2 - October 30	6:00pm – 7:00pm	\$185
3 weeks	Thursdays	November 6 - November 20	6:00pm – 7:00pm	\$111
3 weeks	Thursdays	December 4 - December 18	6:00pm – 7:00pm	\$111
3 weeks	Saturdays	September 13 - September 27	1:00pm – 2:00pm	\$111
4 weeks	Saturdays	October 4 - October 25	1:00pm – 2:00pm	\$148
5 weeks	Saturdays	November 1 - November 29	1:00pm – 2:00pm	\$185
4 weeks	Saturdays	December 6 - December 27	1:00pm – 2:00pm	\$148

Pitching - Baseball

Baseball Pitching Boot Camp | (Ages 7+) Player max: 6 per session

All aspects of pitching including arm care and specific strength work.

4 weeks	Mondays	September 8 - September 29	6:00pm – 7:00pm	\$148
3 weeks	Mondays	October 6, 20, 27	6:00pm – 7:00pm	\$111
4 weeks	Mondays	November 3 - November 24	6:00pm – 7:00pm	\$148
5 weeks	Mondays	December 1 - December 29	6:00pm – 7:00pm	\$185
3 weeks	Thursdays	September 11 - September 25	5:00pm – 6:00pm	\$111
5 weeks	Thursdays	October 2 - October 30	5:00pm – 6:00pm	\$185
3 weeks	Thursdays	November 6 - November 20	5:00pm – 6:00pm	\$111
3 weeks	Thursdays	December 4 - December 18	5:00pm – 6:00pm	\$111
3 weeks	Saturdays	September 13 - September 27	2:00pm – 3:00pm	\$111
4 weeks	Saturdays	October 4 - October 25	2:00pm – 3:00pm	\$148
5 weeks	Saturdays	November 1 - November 29	2:00pm – 3:00pm	\$185
4 weeks	Saturdays	December 6 - December 27	2:00pm – 3:00pm	\$148

Catching Position

Intro to Catching Position | (Ages 8+) Player Max: 6 per session

4 weeks	Sundays	September 7 - September 28	3:00pm – 4:00pm	\$148
4 weeks	Sundays	October 5 - October 26	3:00pm – 4:00pm	\$148
5 weeks	Sundays	November 2 - November 30	3:00pm – 4:00pm	\$185
4 weeks	Sundays	December 7 - December 28	3:00pm – 4:00pm	\$148

Defense

Gold Glove Defense | (Ages 8+) Player Max: 6 per session

3 weeks	Thursdays	September 11 - September 25	7:00pm – 8:00pm	\$111
5 weeks	Thursdays	October 2 - October 30	7:00pm – 8:00pm	\$185
3 weeks	Thursdays	November 6 - November 20	7:00pm – 8:00pm	\$111
3 weeks	Thursdays	December 4 - December 18	7:00pm – 8:00pm	\$111
3 weeks	Saturdays	September 13 - September 27	12:00pm – 1:00pm	\$111
4 weeks	Saturdays	October 4 - October 25	12:00pm – 1:00pm	\$148
5 weeks	Saturdays	November 1 - November 29	12:00pm – 1:00pm	\$185
4 weeks	Saturdays	December 6 - December 27	12:00pm – 1:00pm	\$148

Softball

Softball Pitching | (Ages 10+) Player Max: 8 per session

Class emphasis on arm action and delivery consistency to maximize control and age appropriate speed levels.

4 weeks	Mondays	September 8 - September 29	5:00pm - 6:00pm	\$148
3 weeks	Mondays	October 6, 20, 27	5:00pm - 6:00pm	\$111
4 weeks	Mondays	November 3 - November 24	5:00pm - 6:00pm	\$148
5 weeks	Mondays	December 1 - December 29	5:00pm - 6:00pm	\$185
3 weeks	Wednesdays	September 10 - September 24	5:00pm - 6:00pm	\$111
5 weeks	Wednesdays	October 1 - October 29	5:00pm - 6:00pm	\$185
4 weeks	Wednesdays	November 5 - November 26	5:00pm - 6:00pm	\$148
3 weeks	Wednesdays	December 3 - December 17	5:00pm - 6:00pm	\$111

Softball

Softball Hitting | (Ages 8+) Player Max: 8 per session

3 weeks	Wednesdays	September 10 - September 24	6:00pm - 7:00pm	\$111
5 weeks	Wednesdays	October 1 - October 29	6:00pm - 7:00pm	\$185
4 weeks	Wednesdays	November 5 - November 26	6:00pm - 7:00pm	\$148
3 weeks	Wednesdays	December 3 - December 17	6:00pm - 7:00pm	\$111

Brain Day Workshops

Join Tony for an interactive workshop that addresses the following: Anxiety and where it comes from, Finding confidence when you need it the most, Why routines and anchors are needed in real games, Building bridges and tunnels for game success, Pre-game and Post-game habits to succeed.

Workshop Dates:

Friday, November 14th at 7pm

Friday, January 9th at 7pm

Friday, Feb. 13th at 7pm

Friday, March 13th at 7pm

The workshops are open to all ages. Topics and registration information will be announced leading up to each event.

TUNNEL RENTALS: 30 minutes: \$45 60 minutes: \$65

Private LESSONS - your choice of topic (hitting/pitching/fielding)

30 Minute Individual Lesson \$55

60 Minute Individual Lesson \$100

LESSON PLANS - 30 minute lessons - valid for 1 year

10 Lesson Package: \$495

20 Lesson Package: \$935

CREATE A CLASS (All Ages) *Don't see a class time that fits your schedule?*

You can create a GROUP class 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.** Call to schedule your day and time.

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