

# FROZEN ROPES

## Baseball & Softball Schedule of Events January 2026 - March 2026

*\*All prices are shown before member discounts*

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

### ***Born to Play (ages 3-4)***

**Agility & Body Control | Throwing, Catching, Hitting & Fielding Skills**

**Introduces your son or daughter to baseball and softball in a learning environment.**

4 weeks	Thursdays	January 8 – January 29	1:00pm – 1:55pm	\$96*
4 weeks	Thursdays	February 5 – February 26	1:00pm – 1:55pm	\$96*
4 weeks	Thursdays	March 5 – March 26	1:00pm – 1:55pm	\$96*
4 weeks	Saturdays	January 10 – January 31	10:00am – 10:55am	\$96*
4 weeks	Saturdays	February 7 – February 28	10:00am – 10:55am	\$96*
4 weeks	Saturdays	March 7 – March 28	10:00am – 10:55am	\$96*

### ***Turn & Burn (ages 8+)***

**The ultimate Speed and Strength class we offer**

**\$5 Additional fee for all drop-in registrations with at least 24 hours notice**

4 weeks	Thursdays	January 8 – January 29	5:00pm – 5:55pm	\$80*
4 weeks	Thursdays	February 5 – February 26	5:00pm – 5:55pm	\$80*
4 weeks	Thursdays	March 5 – March 26	5:00pm – 5:55pm	\$80*
4 weeks	Saturdays	January 10 – January 31	4:30pm – 5:25pm	\$80*
4 weeks	Saturdays	February 7 – February 28	4:30pm – 5:25pm	\$80*
4 weeks	Saturdays	March 7 – March 28	4:30pm – 5:25pm	\$80*

**Drop-In class available with 24 hours notice for an additional \$5**

### ***Academy Classes | Player max: 12 per class***

**BASEBALL/SOFTBALL | Throwing, Fielding and Hitting are the main topics.**

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

4 weeks	Sundays	January 4 – January 25	10:00am – 10:55am	\$160*
4 weeks	Sundays	February 1 – February 22	10:00am – 10:55am	\$160*
5 weeks	Sundays	March 1 – March 29	10:00am – 1:55pm	\$200*

4 weeks	<b>Wednesdays</b>	January 7 – January 28	5:00pm – 5:55pm	\$160*
4 weeks	<b>Wednesdays</b>	February 4 – February 25	5:00pm – 5:55pm	\$160*
4 weeks	<b>Wednesdays</b>	March 4 – March 25	5:00pm – 5:55pm	\$160*
4 weeks	<b>Saturdays</b>	January 10 – January 31	11:00am --11:55am	\$160*
4 weeks	<b>Saturdays</b>	February 7 – February 28	11:00am --11:55am	\$160*
4 weeks	<b>Saturdays</b>	March 7 – March 28	11:00am --11:55am	\$160*

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

4 weeks	<b>Sundays</b>	January 4 – January 25	11:00am --11:55am	\$160*
4 weeks	<b>Sundays</b>	February 1 – February 22	11:00am --11:55am	\$160*
5 weeks	<b>Sundays</b>	March 1 – March 29	11:00am --11:55am	\$200*
4 weeks	<b>Tuesdays</b>	January 6 – January 27	5:00pm – 5:55pm	\$160*
4 weeks	<b>Tuesdays</b>	February 3 – February 24	5:00pm – 5:55pm	\$160*
5 weeks	<b>Tuesdays</b>	March 3 – March 31	5:00pm – 5:55pm	\$200*
4 weeks	<b>Thursdays</b>	January 8 – January 29	5:00pm – 5:55pm	\$160*
4 weeks	<b>Thursdays</b>	February 5 – February 26	5:00pm – 5:55pm	\$160*
4 weeks	<b>Thursdays</b>	March 5 – March 26	5:00pm – 5:55pm	\$160*
4 weeks	<b>Saturdays</b>	January 10 – January 31	11:00am --11:55am	\$160*
4 weeks	<b>Saturdays</b>	February 7 – February 28	11:00am --11:55am	\$160*
4 weeks	<b>Saturdays</b>	March 7 – March 28	11:00am --11:55am	\$160*

### **Senior (Ages 10-12)**

4 weeks	<b>Sundays</b>	January 4 – January 25	12:00pm – 12:55pm	\$160*
4 weeks	<b>Sundays</b>	February 1 – February 22	12:00pm – 12:55pm	\$160*
5 weeks	<b>Sundays</b>	March 1 – March 29	12:00pm – 12:55pm	\$200*
4 weeks	<b>Wednesdays</b>	January 7 – January 28	6:00pm – 6:55pm	\$160*
4 weeks	<b>Wednesdays</b>	February 4 – February 25	6:00pm – 6:55pm	\$160*
4 weeks	<b>Wednesdays</b>	March 4 – March 25	6:00pm – 6:55pm	\$160*
4 weeks	<b>Thursdays</b>	January 8 – January 29	6:00pm – 6:55pm	\$160*
4 weeks	<b>Thursdays</b>	February 5 – February 26	6:00pm – 6:55pm	\$160*
4 weeks	<b>Thursdays</b>	March 5 – March 26	6:00pm – 6:55pm	\$160*

## ***Hitting (ages 8-12) | Player max: 8 per class***

### **TOTAL PERFORMANCE HITTING**

The session covers all aspects of hitting with emphasis on set up, timing and power.

4 weeks	<b>Sundays</b>	January 4 – January 25	10:00am – 10:55am	\$160*
4 weeks	<b>Sundays</b>	February 1 – February 22	10:00am – 10:55am	\$160*
5 weeks	<b>Sundays</b>	March 1 – March 29	10:00am – 10:55am	\$200
4 weeks	<b>Mondays</b>	January 5 – January 26	5:00pm – 5:55pm	\$160*
4 weeks	<b>Mondays</b>	February 2 – February 23	5:00pm – 5:55pm	\$160*
5 weeks	<b>Mondays</b>	March 2 – March 23	5:00pm – 5:55pm	\$200*
4 weeks	<b>Saturdays</b>	January 10 – January 31	10:00am – 10:55am	\$160*
4 weeks	<b>Saturdays</b>	February 7 – February 28	10:00am – 10:55am	\$160*
4 weeks	<b>Saturdays</b>	March 7 – March 28	10:00am – 10:55am	\$160*

## **HIT LAB (AGES 9+)**

Targets specific areas of movement patterns in hitters' swings, challenging the hitter's brain and its ability to execute these movements against more difficult tasks. We change the speed, spin, angles and cues to challenge the athlete's ability to hold onto these new patterns.

4 weeks	<b>Sundays</b>	January 4 – January 25	1:00pm – 1:55pm	\$180*
4 weeks	<b>Sundays</b>	February 1 – February 22	1:00pm – 1:55pm	\$180*
5 weeks	<b>Sundays</b>	March 1 – March 29	1:00pm – 1:55pm	\$225*
4 weeks	<b>Wednesdays</b>	January 7 – January 28	7:00pm – 7:55pm	\$180*
4 weeks	<b>Wednesdays</b>	February 4 – February 25	7:00pm – 7:55pm	\$180*
4 weeks	<b>Wednesdays</b>	March 4 – March 25	7:00pm – 7:55pm	\$180*

Drop-In class available with 24 hours notice for an additional \$5

## **Baseball Pitching**

### **BASEBALL PITCHING BOOT CAMP | (ages 7-12) | Player max: 8 per class**

All aspects of throwing and building a pitching delivery.

4 weeks	<b>Tuesdays</b>	January 6 – January 27	6:00pm – 6:55pm	\$160*
4 weeks	<b>Tuesdays</b>	February 3 – February 24	6:00pm – 6:55pm	\$160*
5 weeks	<b>Tuesdays</b>	March 3 – March 31	6:00pm – 6:55pm	\$200*
4 weeks	<b>Saturdays</b>	January 10 – January 31	12:00pm – 12:55pm	\$160*
4 weeks	<b>Saturdays</b>	February 7 – February 28	12:00pm – 12:55pm	\$160*
4 weeks	<b>Saturdays</b>	March 7 – March 28	12:00pm – 12:55pm	\$160*

### **MIKE BERTOTTI BASEBALL PITCHING SPL'S | (Ages 7-12) | Player max: 4**

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

4 weeks	<b>Mondays</b>	January 5 – January 26	5:00pm – 5:55pm	\$297*
4 weeks	<b>Mondays</b>	February 2 – February 23	5:00pm – 5:55pm	\$297*
5 weeks	<b>Mondays</b>	March 2 – March 30	5:00pm – 5:55pm	\$371.25*

### **MIKE BERTOTTI BASEBALL PITCHING SPL'S / (Ages 13+) | Player max: 4**

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

4 weeks	<b>Wednesdays</b>	January 7 – January 28	6:00pm – 6:55pm	\$297*
4 weeks	<b>Wednesdays</b>	February 4 – February 25	6:00pm – 6:55pm	\$297*
4 weeks	<b>Wednesdays</b>	March 4 – March 25	6:00pm – 6:55pm	\$297*

### **PITCH LAB (AGES 9+) | Player max: 8 per class**

A MUST for the next generation of pitchers! Features arm mapping process that helps us get the athlete to create more efficient movement solutions and focus on creating more efficient deceleration patterns, increasing rotational rate of force development.

4 weeks	<b>Sundays</b>	January 4 – January 25	2:00pm – 2:55pm	\$180*
4 weeks	<b>Sundays</b>	February 1 – February 22	2:00pm – 2:55pm	\$180*
5 weeks	<b>Sundays</b>	March 1 – March 29	2:00pm – 2:55pm	\$225*
4 weeks	<b>Thursdays</b>	January 8 – January 29	7:00pm – 7:55pm	\$180*
4 weeks	<b>Thursdays</b>	February 5 – February 26	7:00pm – 7:55pm	\$180*
4 weeks	<b>Thursdays</b>	March 5 – March 26	7:00pm – 7:55pm	\$180*

Drop-in class available with 24 hour notice for an additional \$5

## ***Softball | (ages 8-12) | Player max: 8 per class***

### **SOFTBALL HITTING**

This session covers all aspects of hitting with emphasis on set up, timing and power.

4 weeks	<b>Mondays</b>	January 5 – January 26	6:00pm – 6:55pm	\$160*
4 weeks	<b>Mondays</b>	February 2 – February 23	6:00pm – 6:55pm	\$160*
5 weeks	<b>Mondays</b>	March 2 – March 23	6:00pm – 6:55pm	\$200*
4 weeks	<b>Wednesdays</b>	January 7 – January 28	6:00pm – 6:55pm	\$160*
4 weeks	<b>Wednesdays</b>	February 4 – February 25	6:00pm – 6:55pm	\$160*
4 weeks	<b>Wednesdays</b>	March 4 – March 25	6:00pm – 6:55pm	\$160*

### **SOFTBALL PITCHING**

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

4 weeks	<b>Wednesdays</b>	January 7 – January 28	5:00pm – 5:55pm	\$160*
4 weeks	<b>Wednesdays</b>	February 4 – February 25	5:00pm – 5:55pm	\$160*
4 weeks	<b>Wednesdays</b>	March 4 – March 25	5:00pm – 5:55pm	\$160*

## ***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. \$150 per session. Schedule your day and time; available every day.

## ***Tunnel Rentals***

**30 minutes: \$45\* | 60 minutes: \$70\* | 20 Rentals (30 mins) Package: \$550**

\*Baseballs/Softballs are NOT provided\*

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