



Baseball AND Softball

TRAINING CENTERS

Friday Night Softball Clinics

Catcher's Clinic 5:30 - 6:30 PM
Pitching 6:30 - 7:30 PM
Hitting 7:30 - 8:30 PM

Thursday Night Baseball Clinics

Catcher's Clinic 5:30 - 6:30 PM
Pitching 6:30 - 7:30 PM
Hitting 7:30 - 8:30 PM

Ages 7-13

Max Player to Instructor Ratio 8:1

\$20.00 per player

Academy Memberships

All Star Membership

\$225 per month. 4-30 Min.
Lessons & 30 days off peak
tunnel rentals

* Must use Lessons during the 30
day period

Individual or Team Rentals

15 Minutes - \$15.00
30 Minutes - \$30.00
45 Minutes - \$45.00
60 Minutes - \$50.00

Prepaid Tunnel Rentals

\$90 per 2 hours
\$120 per 3 hours

Hours of Operation

Monday - Friday 2 - 9 PM
Saturday 9 AM - 3 PM
Sunday 12 - 3 PM

www.dmfrozenropes.com

858.643.9390

Frozen Ropes Del Mar
11436 Sorrento Valley Rd
San Diego, CA 92121
delmar@frozenropes.com

Frozen Ropes Programs Del Mar

Private Lessons

Work in Private with Professional Coaches. Weekly, Monthly and Yearly Progress Evaluations. Focus on Process over Results.

\$50 for 30 Minutes

\$90 for 60 Minutes

**1st Time Clients \$60 with Video Base Point Tracking
1 Hour**

Buddy Classes

Have a group of 3-6 that wants to train together? You tell us what you want to work on and we can arrange the day and time around your schedule.

\$100 per 1 Hour Session

Classes

(Player to Instructor Ratio 5:1)

Born to Play (ages 3-5) Wed & Sat

Rookies (ages 5-7) Wed, Thurs & Sat

Minors Hitting (ages 8-10) Tues & Sat

Majors Hitting (ages 10-12) Tues & Sat

Five week sessions - \$150

Baseball OR Softball Camp

Check the website for upcoming dates

Camps run 9 AM - 3 PM Daily

Ages 6-12 (will be separated by age/ability)

\$80 Full Day, \$45 Half Day

\$299 for 5 - Full Days, \$170 for 5 - Half Days

Extended Care (8:30-9 AM & 3-5 PM) avail, \$20.00 per day

FROZEN ROPES IN THE NEWS

